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ABSTRACT

This annotated bibliography contains 203 citations from AGRICOLA, the U.S. Department of Agriculture database, dating from January 1979 through May 1990. The bibliography cites books, print materials, and audiovisual materials on the subject of nutrition education for grades 7-12. Each citation contains complete bibliographic information, descriptors, and abstract. The search strategy for locating materials is printed in the introduction, as is information on authorized users and how to access the database. (JD)

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Nutrition Education Printed Materials and Audiovisuals: Grades 7-12

January 1979 - May 1990

Quick Bibliography Series: QB 90-80
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203 Citations from AGRICOLA

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AGRICOLA

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entered in the AGRICOLA
database between January 1979
and the present.

NUTRITION EDUCATION PRINTED MATERIALS AND AUDIOVISUALS:
GRADES 7 - 12

SEARCH STRATEGY

S1	2803	NUTRITION()EDUCATION/TI,DE,ID
S2	166	(JUNIOR OR SENIOR)()HIGH()SCHOOL?
S3	349	SECONDARY()EDUCATION NOT (ELEMENTARY OR PRIMARY OR INTERMEDIATE)
S4	772	ADOLECEN? OR TEEN?
S5	111	GRADE?()(7 OR 8 OR 9 OR 10 OR 11 OR 12)
S6	47	(7TH OR 8TH OR 9TH OR 10TH OR 11TH OR 12TH)()GRADE?
S7	211	S1 AND (S2 OR S3 OR S4 OR S5 OR S6)
S8	156	S7 NOT (COLLEGE OR ADULT OR MOTHER? OR ELDERLY OR SENIOR?)
S9	140	S8 NOT (AUDIOVISUAL? OR SLIDE? OR FILM? OR VIDEO? OR POSTER? OR MOTION?
S10	1349	DT=INSTRUCTIONAL OR DT=KIT OR DT=MEDIA OR DT=MOTION OR DT=POSTER
S11	666	DT=OTHER ACCOMPANYING MATERI OR DT=POSTERS OR DT=RECORDING
S12	65	DT=SLIDES OR DT=TRANSPARENCY OR DT=VIDEO OR DT-VIDEOCASSETTE
S13	1214	DT=FLIP CHART OR DT=GAME
S14	25	DT=FLIP CHART OR DT=GAME
S15	2193	S10 OR S11 OR S12 OR S13 OR S14
S16	33663	SF=FNC (FOOD AND NUTRITION)
S17	1553	S15 AND SF=FNC
S18	16	S8 AND S17

BOOKS AND PRINT MATERIALS

1 NAL Call No: TX361.Y6A3

Adolescent nutrition resource packet.

Campbell-Lindzey, Star

University Park, PA : Nutrition Education Center, Benedict House, Pennsylvania State University; 1985.

1 portfolio : ill. (some col.) ; 24 x 30 cm. Title from portfolio cover. Title from cover sheet: Adolescent nutrition: resource packet for educations. February 1985. Includes bibliographical references.

Language: English

Descriptors: Youth--Nutrition--Study and teaching; Youth--Nutrition; Teaching materials; Secondary education; Adolescents; Nutrition education; Adolescent development; Pregnant adolescents; Fad diets; Alcoholism; Bulimia; Anorexia nervosa

Abstract: Assisting teachers and other educators in the area of adolescent nutrition, this packet focuses on this group's special needs and problems. Activities and teaching techniques include articles on adolescent-related subjects; such as, alcohol abuse, pregnancy, fitness/exercise, anorexia nervosa, bulimia, fad diets, and developmental issues. Calorie Counters, a curriculum bibliography and references accompany the packet.

2 NAL Call No: 321.8 C162

Adolescent nutrition: A community project.

Huth, Karen E.; CHEJA; Green, Lorraine

Ottawa : Canadian Home Economics Association; Spring 1982.

Canadian home economics journal; Revue canadienne d'economie familiale v. 32 (2): p. 62-64. ill; Spring 1982. Includes 8 references.

Language: English

Descriptors: Nutrition education; Adolescents (12-19 years); Community involvement; Health personnel; Teachers; Parents; Students; Community action

Abstract: A community nutrition education project is described which involved community representatives (health professionals, teachers, parents, and students) in a leader's workshop and a community conference, to stimulate and facilitate development of programs to meet adolescent's nutritional needs. These nutritional needs were identified in a 1979 survey of food practices, knowledge, and student attitudes referred to as Stage I. Under State II, working groups demonstrated their commitment to the identified goals and continued their efforts through ongoing programs. Eventually, the Community Nutrition Action Group (CNAG) was formed. CNAG groups have sponsored special events (e.g., Brown Bag Olympics) in order to focus student attention on exercise, nutrition, and good lunches. (kbc)

3 NAL Call No: aTX364.A5

Alaska's views on nutrition.

Nutrition Education and Training Program (U.S.)

Washington, D.C. : The Program, [1984?]; Reprinted 1984.

19 p. : ill. ; 28 cm. Cover title. Reprint of articles from the Alaska education news.

Language: English

Descriptors: Alaska; Nutrition--Alaska--Study and teaching; Reference works; Nutrition education; School food service; Net program

Abstract: A series of articles originally published in the Alaska Education News, is presented on nutrition education plans and programs that are currently operating as part of the federally-funded Nutrition Education and Training (NET) Program. The history, objectives, and operation of NET in Alaska are reviewed and numerous nutrition and health education projects sponsored by the program are described. Basic nutritient requirements are outlined, along with suggestions for locally available food sources. Additional article topics include 1) how to pack tasty and nutritious brown bag lunches, 2) components of a healthy lifestyle, 3) eating habits of Alaska's school teachers, 4) nutritional concerns of adolescents (i.e. dieting, anorexia nervosa) and 5) iron deficiency anemia in Alaskan children. Detailed descriptions are provided of selected health and nutrition education curricula currently being implemented in Alaskan schools. School involvement in community Health Fair projects is explored. The requirements and operation of the School Breakfast and School Lunch Programs in selected school systems are outlined and guidelines are provided for obtaining required background information and assistance in setting up both types of programs.

4 NAL Call No: TX1.F67

Alcohol vs. nutritional status.

Smith, A.

New York, NY : Scholastic, Inc; 1985 Nov.

Forecast for the home economist v. 31 (3): p. 43-46. charts; 1985 Nov. Includes 11 references.

Language: English

Descriptors: Alcoholic beverages; Carbohydrate metabolism; Nutritional state; Nutrition education;

Pregnancy
Abstract: The effects alcohol has on the body, especially the body's nutritional status, is reviewed. The physiological way the body processes alcohol (ingestion, distribution, absorption and metabolism); the effect alcohol has on utilization of nutrients (protein, thiamin, niacin, fats, electrolytes, minerals, vitamin C, B6, folic acid); alcohol and pregnancy, alcohol and driving, alcohol use in teens, and teaching the impact of alcohol on nutritional status are discussed. A reading list for future study and charts containing the caloric, carbohydrate and alcohol contents of common alcoholic drinks, and the time necessary to metabolize alcoholic drinks are provided.

5 **NAL Call No: 389.8 AM34**

Applying futures' research to nutrition education.
Gayle, M.E.
Chicago, Ill. : The Association; 1987 Sep.
Journal of the American Dietetic Association v. 87 (9suppl.): p. S/78-S/80; 1987 Sep. Proceedings from national conference, "Leading Edge in Nutrition Education Research Enhancing Practice," September, 1986, Chicago, IL.

Language: English

Descriptors: Nutrition education; Research; Trends; Prediction; Health promotion
Abstract: A summary report discusses the current surge in fast foods and snacking habits in the US and highlights and describes future research directions for nutrition education. Particular attention is given to current problems (e.g., teenage pregnancy, latchkey children, the growth in US minorities) that present specific challenges to such research. In view of the multiplicity of these problems, it is argued that nutrition educators must try to bring individuals and society to a more holistic quality of life.

6

Betty Green: Philly's food activist.
LeBold, Diane
Washington, Center for Science in the Public Interest; July 1979.
Nutrition actionCenter for Science in the Public Interest v. 6 (7): p. 3-5. ill; July 1979.

Language: English

Descriptors: Pennsylvania; Nutrition education; Innovation; Food habits; Food preferences; School food service; Students; Counseling; Pregnant adolescents
Abstract: Betty Green works as school Food Service Liaison in the Philadelphia school system, and her innovative programs have brought about changes in the students' food habits. Some of her ideas have included clowns performing to promote good nutrition, puppets, songs and dances, contests, a summer camp called Camp Macaroni, and a school Food Day parade. Green feels that in addition to being fun for the students, her programs have lasting influences on the children's food habits. Suggestions are made for others who want to begin similar programs.

7 **NAL Call No: TX341.J6**

Body weight, body image, and perception of fad diets in adolescent girls.
Storz, Nancy S.; JNUEB; Greene, Walter H.
Oakland : Society for Nutrition Education; March 1983.
Journal of nutrition education v. 15 (1): p. 15-18. ill., charts; March 1983. Includes 19 references.

Language: English

Descriptors: Weight loss; Adolescents (12-19 years); Females; Nutrition education; Self concept; Fad diets; Body image
Abstract: The interrelationships among body weight, body image, and perceived desirability of fad diets was tested in 203 adolescent girls. The desired amount of weight loss was treated as an independent variable. Girls who wanted to lose weight were divided into 2 groups: those who wanted to lose more than 10% and those who wanted to lose less than 10% of actual body weight. All subjects used more negative than positive appearance descriptives; and all rated more healthful methods of weight reduction higher than fad diets. However, the group who wanted to lose more than 10% body weight rated fad diets more desirable. Findings indicate that nutrition education should include affective learning experiences to aid in the development of adolescent attitudes conducive to realistic goals for weight change or maintenance. (kbc)

8 **NAL Call No: TX341.N825**

Bringing nutrition education to life.
Weaver, Gillian
London, Eng., Forbes Publications; July/Aug 1982.
Nutrition and food science (77): p. 8-10; July/Aug 1982.

Descriptors: Nutrition education; Adolescents (12-19 years); Food cost; Nutritional labeling
Abstract: Nutrition education ideas can be lively.

Professional soccer players answered student's questionnaires with enthusiasm and sent souvenirs and team photographs. Total scores were calculated for the team and compared to club standings. Comparisons also were made between the students' answers and their heroes' answers. Mini-projects for older teens include: comparing costs of 2 lists of foods (nutritious and non-nutritious); comparing food value in conventional and convenience foods; listing foods that include nutritional information on the label; and listing low calorie foods and their costs. (rkm)

9 NAL Call No: TX551.T7 F&N E-3269
Calories.
Troutman, Jacquelyn; Schultheiss, Jean
Seattle United Graphics; 1978.
(60) p. : ill. Includes teacher's guide. Includes bibliography.

Language: English

Descriptors: Curriculum guides; Lesson plans; Adolescents (12-19 years); Nutrition education; Labeling; Obesity; Caloric values; Caloric intake; Food habits; Nutritional labeling
Abstract: The least understood of all nutrition concepts is the calorie. This fact, plus the fact that obesity is the number one nutrition problem in the country, means that information on the calorie is essential to students. The term "calorie" is defined; sources of food energy, measured in calories, are described; and factors determining caloric need are explained. Students are encouraged to use all calorie information available from nutrition labels on food packages.

10 NAL Call No: HD9000.5.C32 F&N E-3240
Can the world feed us.
Missouri, University, Instructional Materials Laboratory.
Columbia, MO. Instructional Materials Lab; 1978.
(110) p. : ill. (World foods). Includes Instructor's guide (HE-33-I) and Student materials (HE-33-S).

Language: English

Descriptors: Curriculum guides; Lesson plans; Nutrition education; Hunger; World food problem; Food production; Adolescents (12-19 years); Cultural factors
Abstract: Brief overviews of basic factors which influence the world food situation and some proposed solutions to world food problems are discussed. Food is one of humanity's most basic and important needs. Food production capacity varies drastically around the world, leading to starvation in some areas and surpluses in others. Industrialization has almost eliminated self-sufficiency in food production in some areas. World food production is interdependent with many sociological factors. In order to assess and understand the current world food situation, it is necessary to have some knowledge of these interrelationships.

11 NAL Call No: TX553.C28T7 F&N E-3270
Carbohydrates and fats.
Troutman, Jacquelyn; Schultheiss, Jean
Seattle United Graphics; 1978.
(57) p. : ill. Includes teacher's guide. Includes bibliography.

Language: English

Descriptors: Carbohydrates; Fats and oils; Curriculum guides; Lesson plans; Nutrition education; Food habits; Obesity; Weight control; Adolescents (12-19 years)
Abstract: Many nutritional problems occur because of the over abundance of fats and carbohydrates in the diet; therefore, an attempt is made to teach junior high and high school students how to choose their diets wisely. The important functions performed by fats and carbohydrates in the human body are described. Selecting good sources of these nutrients is stressed. Relationships between weight control and food intake is discussed.

12 NAL Call No: aHV696.F6F6
Changing habits through nutrition education.
Polk, Bonnie W.
Washington : USDA, Food and Nutrition Service; 1984 Jan.
Food & nutrition v. 14 (1): p. 12-15. ill; 1984 Jan.

Language: English

Descriptors: Food habits; Nutrition education; Nutrition programs; Motivation; Adolescents; Pregnant women; Resources
Abstract: Over the years, WIC managers and nutritionists have found a variety of ways to teach practical nutrition as well as instruction on using WIC foods. How a number of programs are tailoring nutrition education to the particular needs of their clients are reported. Nutrition activities are made meaningful, interesting and fun for the participants. The examples cover how to motivate clients, how to teach children, use of newsletters,

group teaching, reaching teenagers and sharing resources. (emc)

13 NAL Call No: LB1025.I4 F&N
Children bearing children: Nutritional problems.
Ashbrook, Sheila
Urbana : University of Illinois at Urbana-Champaign; 1984 Jan.
Illinois teacher of home economics v. 27 (3): p. 94-97. charts; 1984 Jan. Includes bibliographical references.

Language: English

Descriptors: Pregnancy; Adolescents; Risks; Nutritional state; Food habits; Nutrition education; Development
Abstract: Pregnant teens haven't completed their growth, yet the demand placed upon them to meet both their needs and the needs of their child places them at high risk. Anemia, weight gain or lack thereof, and toxemia or pre-eclampsia can be major problems. Often these teenagers give birth to babies with low birth weight. The nutritional needs of the pregnant teenager are not fully understood. What is known is that energy requirements are likely to increase based on growth patterns, body build, and exercise habits. Protein needs increase for the teenager and the baby, and pregnant teenagers have increased needs for certain vitamins and minerals, especially thiamin, riboflavin, niacin, vitamin D, calcium and phosphorus, as compared to older pregnant women. Many pregnant teenagers enter pregnancy with poor nutritional habits which compound their problem. Nutrition education and counseling must consider the food habits of teenagers, and their attitudes toward food and themselves before a program foundation for changes can take place. Topics which should be taught to this special group are mentioned along with the availability of support programs and materials. (kbc)

14 NAL Call No: 389.8 N957
Computers in nutrition education.
Luttrell-Montes, Sally
Chicago : National Dairy Council; Oct 1983.
Nutrition news v. 46 (3): p. 11; Oct 1983.

Language: English

Descriptors: Computer assisted instruction; Secondary school students; Nutrition education; Adolescents (12-19 years); Educational games
Abstract: An Apple II computer program (GRAB A BYTE) designed to reinforce nutrition concepts for 7-9th graders uses examples and motivational techniques that appeal to middle-school students. The 1st program, Have-a-Byte, helps students choose nutritious meals or snacks. Grab-a-Grape is a nutrition gameboard which quizzes students on 6 topic areas including weight control and sports nutrition. Program number 3, Nutrition Sleuth, help students determine missing nutrients in a teenager's diet. Each activity has its own goals and objectives and could be used in health education, home economics, life science, social studies, or computer classes. (kbc)

15 NAL Call No: TX341.J6
Considerations for a new food guide.
Pennington, Jean A.T.
Berkeley, Society for Nutrition Education; June 1981.
Journal of nutrition education v. 13 (2): p. 53-55. ill., chart; June 1981. 9 ref.

Descriptors: Nutrition concepts; Nutrition education; Food guides; Food groups; Diet improvement; Nutrient density
Abstract: A new food guide is suggested for use in the U.S.; it takes into consideration the specification of RDA's for additional vitamins and minerals; the increased food composition data base; the identification of nutritional problem areas; and the increased complexity of the food supply. While still based on 4 food groups, the new guide is more detailed and is designed to encourage eating of nutritionally dense foods and to discourage consumption of useless or potentially damaging foods. The guide is an inverse pyramid, giving the 4 food categories--fruits and vegetables, grain products, protein sources, and luxury foods--at 4 levels of recommended intake. Suggested servings can be adjusted for adolescents, adults and children. The visual presentation of the new guide, as well as its updated nutritional approach, should provide both positive motivation for individuals to improve their diets and a comprehensive vehicle for educators to further nutrition education. (cj)

16 NAL Call No: TX716.C6 F&N E-3237
Cooking the Mexican way.
Missouri, University, Instructional Materials Laboratory.
Columbia, MO. Instructional Materials Lab; 1978. (191) p. : ill. (World foods). Includes Instructor's guide (HE-30-I) and Student materials (HE-30-S).

Language: English

Descriptors: Mexico; Recipes; Nutrition education; Curriculum guides; Cooking equipment (Small); Adolescents (12-19 years); Cookery, Mexican; Food preparation; Peppers, chili
Abstract: The culture of Mexico has made a firm impression on the United States, particularly on the southwestern portions. There are many Mexican restaurants in the U.S., and Mexican foods are widely used to add interest and variety to meals. Mexican food habits, food preparation, and nutrition are discussed, as well as geography, politics, economics, and social and cultural characteristics. Mexican cooking equipment and utensils are discussed in some detail. Mexican chiles available in the U.S. are described. Some Mexican recipes are provided.

17 **NAL Call No: TX364.P767 F&N B-3494**
Curriculum guide, an integrated interdisciplinary approach for health, nutrition education, physical education, mental health, drug education, economics, safety.
Caswell County Schools (N.C.),Project TEEN
Yanceyville, N.C. : Caswell County Schools, Food Service Division; 1981.
186 p. in various pagings ; 29 cm. NET funded. Developed to fulfill objective 1.1 Project TEEN. Includes bibliographies.

Language: English

Descriptors: Nutrition education; Health education; Mental health; Drugs; Socioeconomic status; Safety; Teaching materials; Elementary education; Secondary education
Abstract: A multi-grade curriculum guide provides an inter-disciplinary approach to health and nutrition education, physical education, mental heath, drug education, economics, and safety for school children from kindergarten through senior high school. The guide includes key concepts for each of 4 grade groups (kindergarten through grade 3; grades 4-6; grades 7-8; grades 9-12), and incorporates mathematics, science, language arts, and social studies. Various process skills (e.g.: for observing, classifying, computing, communicating, measuring, predicting, inferring, and interpreting have been included to expose students in each grade group to a variety of thinking and learning experiences. Teachers can select topical teaching strategies from the appropriate levels to meet the needs of individuals in the class. A listing of appropriate kits, games, cookbooks, Time-Life Series books, curriculum guides (and other teacher resource materials), texts, and audiovisual materials, is appended. (wz)

18 **NAL Call No: TX364.N77874 F&N E-4181**
Curriculum materials designed for home economics teachers.
Minnesota, Dept. of Education.
St. Paul, Minn. Minnesota State Dept. of Education 1981?; 1981.
36 leaves : ill. ; 30 cm. (Nutrition education, an integrated approach). NET funded. Bibliography: leaves 35-36.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Home economics; Integrated curriculum; Nutrient requirements; Weight control; Information sources
Abstract: Three junior and six senior high school lesson plans are included in an integrated nutrition education/home economics unit. Nutrient needs (functions and sources), and factors affecting food decision making and weight control are the focus of the junior high lesson. In senior high sessions, students analyze nutrition information sources (labels, dietary guidelines) and apply this information to food preparation and selection. Lesson plans, based on specific learner outcomes, provide background content, methods for conducting the activity, and list materials needed and evaluation methods. Activity sheets, suggestions for laboratory experiments, tests and a resource list are included. (js)

19 **NAL Call No: TX364.N77876 F&N E-4183**
Curriculum materials designed for social studies teachers.
Minnesota, Dept. of Education.
St. Paul, Minn. Minnesota State Dept. of Education 1981?; 1981.
24 leaves : ill. ; 30 cm. (Nutrition education, an integrated approach). NET funded.

Language: English

Descriptors: Instructional materials; Grade 10; Grade 11; Grade 12; Nutrition education; Advertising; Food habits
Abstract: Three high school social studies lesson plans deal with the complex factors (especially advertising) which influence food choices and menu planning. Each activity lesson is based on stated learner outcomes and provides teaching information, methods for conducting classroom activities, demonstrations or experiments, a list of materials needed and suggested evaluation methods. (js)

20 **NAL Call No: TX355.K62 F&N E-3360/1**
Discovering nutrition.
Kowtaluk, Helen
Peoria, IL. Bennett; 1980.
(2) v. : ill. Bibliography: p. 220.

Language: English

Descriptors: Instructional materials; Basic nutrition facts; Nutrition education; Menu planning; Secondary education; Textbooks; Food preparation; Weight control
Abstract: Nutrition education and awareness is explained to junior high school children in textbook form. Areas discussed include explaining the importance of nutrition to good health, how nutrients work in the body, establishing a personal nutrition program and ideas for purchasing, storing, and preparing food. Children are encouraged to take an active role in meeting their nutrition needs. Foods should be prepared by methods that do the least nutritional damage and are lowest in calories. Potatoes should be baked in their skins, not french fried. Meals should be balanced and not consist of a bag of potato chips. Appendix lists the nutritional composition of common foods. A workbook accompanies the text.

21 **NAL Call No: RM222.2.S64 F&N E-2071**
Do's and don'ts of weight control.
Spiegel, Lawrence
Portland, ME. J. Weston Walch; 1978.
(19) l. : ill.

Language: English

Descriptors: Weight control; Adolescent literature; Self concept; Self control; Nutrition education; Nutrition planning; Dietary goals; Food habits
Abstract: Teenage weight control and dieting involves learning self-control and finding a sensible program of consuming calories. The basic facts of weight control guide teenagers to experience weight loss and increase self-control. Topics discussed include self-awareness and understanding; changing food habits; understanding nutritional needs; medical assistance and drugs; diet planning; goals; exercise; and basic dieting "do's and don'ts" guidelines.

22 **NAL Call No: TX355.P68 F&N E-4508**
Eat for good health = Ta'umafa mo lou soifua maloina.
Pritchard, Fa'aluaina
American Samoa : Nutrition, Education and Training Program, Dept. of Education, American Samoa; 1983.
[51] p. : ill. ; 22 x 28 cm. NET funded. Cover title: Tips for teachers, food service personnel and administrators. Includes bibliographical references.

Language: English

Descriptors: Samoa; Nutrition education; Basic nutrition facts; Curriculum; Nutritional value; Therapeutic nutrition; Teaching materials; Secondary education
Abstract: Guidelines for providing nutrition education to junior and senior high school children, nutrition facts, and projects are included in a handbook with full-page per month daily calendars covering the Fall 1983-Spring 1984 school year, nutrient charts, and other nutritional information. Information also is included for low, medium, and high calorie food servings for each of 5 basic food groups. The material is arranged to provide a continual progression of nutrition facts to the students over the full school year. Some information is provided in the Samoan language. (wz)

23 **NAL Call No: 389.8 SCH6**
Education helps teenagers alter their food habits.
Carroll, A.
Denver, Colo. : American School Food Service Association; 1986 Dec.
School foodservice journal v. 40 (10): p. 52-53. ill; 1986 Dec.

Language: English

Descriptors: Louisiana; Nutrition education; High school students; Weight control; Eating habits; Dietary guidelines; Behavior modification
Abstract: In an effort to help students commit themselves to a healthier lifestyle, a high school in Louisiana has taken an innovative approach to the topic of fitness. Concerned about low female participation in the school lunch program, questionable salad bar selections, excessive snacking and misconceptions about sports nutrition, a meaningful nutrition education unit was developed. The program begins with students completing a 24-hour dietary recall based on the food groups. Following sessions feature dietary guidelines, weight management, salad building, snacking, and sports nutrition. Topics are presented by involving students in various activities; sessions last one week. The program was developed by the Louisiana Cooperative Extension Service and the Nutrition Education and Training Program of the state.(jd-b)

24 NAL Call No: LB3401.J6 F&N

Effects of ethnicity, sex and father's occupation on heart health knowledge and nutrition behavior of school children: Texas youth health awareness survey.

Burdine, James N.; Chen, Mei Shia; Gottlieb, Nell H.; Peterson, Fred L.; Vacalis, T. Demetri

Kent : American School Health Association; 1984 Feb.

The Journal of school health v. 54 (2): p. 87-90. charts; 1984 Feb. Includes 12 references.

Language: English

Descriptors: Texas; Food habits; Fathers; Occupations; Sex differences; Ethnic groups; Nutrition education; Cardiovascular diseases; Health education; Intermediate grades; Epidemiology; Demography; Habits

Abstract: The relationship between heart health knowledge of 2,695 6th and 7th graders and their father's ethnicity, sex, occupation, knowledge and television viewing habits were compared to the children's eating patterns. The purpose was to assess the type of heart health education needed for this age group and to better understand the social epidemiology associated with the risk of heart disease. The results are analyzed using several methods and tabulated. The general findings seem to show that there is a need for strong heart health education in this age group. Smoking, eating, salty foods and obesity were not identified as risk factors and the terms arteriosclerosis and hypertension could not be defined. High consumption of salt and sugar in certain ethnic groups was identified which should be changed before the patterns become ingrained. Television viewing could be a predictor of the amount of salty and sweet food consumed. This study verifies the need for culturally relevant nutrition education. The methodology is explained (along with some of its shortcomings) to develop viable causal inferences about the relationship between the predictor variables and heart health behavior. (kbc)

25 NAL Call No: QP141.A1A64

Effects of information about specific nutrient content on ratings of "goodness" and "pleasantness" of common foods.

Eiser, J. Richardson; Eiser, Christine; Patterson, David J.; Harding, Christina M.

London : Academic Press; 1984 Dec.

Appetite v. 5 (4): p. 349-359. charts; 1984 Dec. Includes 25 references.

Language: English

Descriptors: Food habits; Nutrition education; Adolescents; Attitudes; Nutritional value; Food preferences; Food acceptability; Surveys

Abstract: A survey of 247 adolescents (ages 13-14) rates 21 common foods as wholesome or pleasant with or without being initially informed of the relative level of a specified nutrient (Fe, protein, carbohydrate, caloric, or fat content) in the foods. Rankings of wholesomeness correlated with the nutrient information provided, but such information did not appear to influence rankings of pleasantness. The study results are examined by consideration of attitude models, and the implications of these interpretations are discussed. (wz)

26 NAL Call No: LB3401.J6 F&N

Evaluating a nutrition education program for pregnant teen-agers: Cognitive vs. behavioral outcomes.

Perkin, Judy

Kent : American School Health Association; Sept 1983.

The Journal of school health v. 53 (7): p. 420-422. charts; Sept 1983. Includes 9 references.

Language: English

Descriptors: Program evaluation; Nutrition education; Adolescent nutrition; Pregnancy; Pregnant adolescents

Abstract: A manual-based program of nutrition education on nutrient needs during pregnancy and lactation was developed for health workers and educators. Additional resources such as class handouts, study questions, multimedia presentations, and classroom activities also were created. An evaluation, conducted at a high school for pregnant teenagers, revealed that cognitive learning, as measured by pre- and posttest scores, resulted from the program; however, there was little improvement in dietary intake. What change that did occur was within the range of normal variation. (emc)

27 NAL Call No: TX341.H8 F&N

Evaluation of a nutrition innovation in secondary school home economics education.

Schwartz, Nancy E.; Clampett, Dorothy M.

London : John Libbey; June 1983.

Human nutrition : Applied nutrition v. 37A (3): p. 180-188. charts; June 1983. Includes 12 references.

Language: English

Descriptors: Nutrition education; Program evalua-

tion; Home economics teachers; Secondary education; Educational programs
Abstract: A survey of 75 secondary level home economics teachers was designed to evaluate the impact of a British Columbia nutrition innovation program ("Foodstyles: Perspectives on Food for People") on teaching practices. A questionnaire assessed: how teachers used the innovation program; its acceptability; factors that influenced teachers in using it; and its perceived value in nutrition education practice. Sixty percent of the teachers were frequent or moderate users of the innovation. Many teachers integrated activities of the program into their lessons rather than using the program as a complete unit. Only a moderate acceptance of the program concept was indicated, although teachers expressed very positive attitudes toward the program. About 90% of the teachers felt that the innovation had been valuable in teaching food and nutrition. (wz)

28 NAL Call No: TX364.C53
First annual evaluation report for Project TEEN ESEA Title IV-C.
Clawson, Barbara
Yanceyville, N.C. : Caswell County Schools, [1979?]; 1979.
1 v. (various foliations) : ill. ; 29 cm. August, 1979.
Includes bibliographical references.

Language: English

Descriptors: Nutrition--Study and teaching (Elementary)--North Carolina--CaswelL County; Nutrition--Study and teaching (Secondary)--North Carolina--CaswelL County; Reference materials; Nutrition programs; Nutrition education; Adolescents; Program evaluation; Educational planning
Abstract: An annual evaluation report for the 1978-79 school year covers the first year of a 3-year project to establish available health and nutrition program for middle-school children. The program attempts to prepare young teenagers to assume responsibility for their health and nutritional status. In the 3rd year, 46% of the students scored 70% or more on a nutrition assessment inventory (NAI) test, compared to 24% in the 1979-80 school year. Attitudes toward desirable health and nutrition (e.g., for greater food variety) as measured by the attitudes section of the NAI improved notably. Food habits improved over the 3-year project period, with students consuming significantly more fruits and vegetables, and significantly less milk, meats, pastry, sweets, and chips. The project saw a decrease in dental caries, abnormal anthropometric measurements, and abnormal urinary protein and specific gravity.

29 NAL Call No: TX747.F53 F&N E-3241
Fish and seafood-the present and future use in world foods.
Missouri, University, Instructional Materials Laboratory.
Columbia, MO. Instructional Materials Lab; 1978.
(88) p. : ill. (World foods). Includes Instructor's guide (HE-34-I) and Student materials (HE-34-S).

Language: English

Descriptors: Nutrition education; Curriculum guides; Food preparation; Lesson plans; Adolescents (12-19 years); World food problem; Food production; Fish; Shellfish; Protein
Abstract: Fish and seafood are a major world-wide source of high-quality protein and important minerals and vitamins. Inadequate knowledge of available varieties and techniques of preparation often limit the use of these foods in the diet. Although the ocean cannot provide unlimited potential for world food production, fish and seafood can, potentially, make a significant contribution to world food production. Present and future use of seafood and fish in world food should be examined so that their role and utilization can be improved.

30 NAL Call No: TX364.F48 F&N E-4004
Fit for life program : a commitment to fitness.
Purdue University.
West Lafayette, Ind. Purdue Research Foundation; 1981.
i, 130 p. : ill. ; 28 cm. NET funded. Cover title: A program for fitness and weight control.

Language: English

Descriptors: Instructional materials; Secondary grades; Curriculum guides; Nutrition education; Physical fitness; Learning activities
Abstract: A curriculum for use in junior and senior high schools has two components; nutrition education and acrobic conditions, stressing the importance of good eating and exercise habits, respectively. These two areas are combined to help teach students how to achieve and maintain adequate physical fitness and prevent obesity. It is designed to be taught by health, science or physical education teachers. Each chapter consists of a statement of purpose and concepts, objectives, basic background information for the teacher and activities designed to teach chapter concepts. A pa-

rental involvement unit includes an outline for a parent night and 5 letters about various topics related to fitness. The final unit contains materials for self help and monitoring of obese students who desire additional assistance. (js)

31 **NAL Call No: TX364.F558 F&N E-3950**
Florida nutrition education : a basic skills approach : language arts, a word or two about nutrition, grades 7-9.
Watson, Nancy Z.; Wuthrich, Zack A.&XLanguage arts, a word or two about nutrition; A word or two about nutrition
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. NET funded. Cover title.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Integrated curriculum; English; Reading; Vocabulary; Fad diets; Vitamins; Minerals; Food poisoning; Nutritional labeling; Advertising; Acne; Psychological aspects
Abstract: A set of 11 activities, designed to incorporate nutrition information into the language arts curriculum, provides practice in basic skills of punctuation, capitalization, vocabulary development, dictionary use, listening and comprehension. Nutrition topic areas include popular diets, diet and acne, social and psychologcal aspects of food, vitamins and minerals (functions, deficiencies), food poisoning, nutritional labeling and advertising. Each lesson contains a description of skills and nutrition concepts taught, expected student outcomes, brief nutrition background information (including questions or issues for discussion), a list of materials and resources needed and a step-by-step description of how to conduct the activity. Student worksheet masters and answer keys are included. (js)

32 **NAL Call No: TX364.F56 F&N E-3955**
Florida nutrition education : a basic skills approach : science, the nutrition connection, grades 7-9.
Hill, Sheila A.; Wuthrich, Zack A.&XScience, the nutrition connection
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. NET funded. Cover title.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Integrated curriculum; Science curriculum; Health education; Energy balance; Food habits; Food handling; Additives and adulterants; Caloric values; Calorimeters
Abstract: A set of ten activities is designed to reinforce nutrition concepts of the science and health curricula for students in grades 7-9. Lesson topics include energy balance, effects of the life cycle on food choices, proper food handling to prevent spoilage and food-related disease, food additives, nutrient absorption, fad diets, and determination of the energy value of foods. Each lesson consists of a description of the basic skills and nutrition concepts taught, expected student outcomes, brief background information for the teacher (including questions and issues for discussion), a list of materials and resources needed, and a step-by-step description of how to conduct each activity. Student worksheet masters and answer keys are included. (js)

33 **NAL Call No: TX364.E562 F&N E-3958**
Florida nutrition education : a basic skills approach: all together now, schoolwide activities grade 7-9.
Yetter, Iris R.; Wuthrich, Zack A.&XAll together now, schoolwide activities
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981. 1 v. (various pagings) : ill. ; 28 cm. + 2 test booklets (11 leaves each). NET funded. Cover title. Includes nutrition test booklets for middle school form G and form H.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Surveys; Meal planning; Food origins; Food preservation; Food fads
Abstract: A set of 7 school-wide activities for students in grades 7-9 provides special learning experiences in nutrition outside of the regular classroom environment. Using the cafeteria as a learning center, school food service personnel, teachers, and students plan activities around the following lesson topics: lunch preference survey, lunch meal planning, meal of the future art activity, national origin of foods, health newsletter, and food preservation methods. Each lesson has a standard format which briefly describes the activity and its goals, educational objectives, background information and recommendations for activity imple-

mentation, resources needed, and step-by-step methods for lesson development. Two 50-question multiple choice nutrition tests are included for cognitive evaluation. (js)

34 **NAL Call No: TX364.F563 1980 F&N E-3948**
Florida nutrition education : a basic skills approach: Grades 7-9 lessons and activities.
Florida, Dept. of Education.
Tallahassee, Fla. MID-NET Project, Florida State University; 1980.
1 v. (various pagings) : ill. ; 30 cm. NET funded.
Cover title.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Lesson plans; Classroom materials; Worksheets
Abstract: A draft of lesson plans and activities for trial and testing purposes integrates nutrition education into mathematics, social studies, language arts and science for grades 7-9. At least 9 lessons are provided which reinforce basic skills and objectives in each academic subject area. Seven schoolwide activities provide special learning experiences outside of the classroom environment. Each lesson contains a description of the skills and nutrition concepts taught by the lesson, expected student outcomes, pertinent background information, a list of materials and resources needed and directions for conducting the activity. Student worksheets and answer sheets also are provided. (js)

35 **NAL Call No: TX364.F559 F&N E-3951**
Florida nutrition education : a basic skills approach: math, counting on nutrition, grades 7-9.
Allen, Pamela H.; Wuthrich, Zack A.&XMath, counting on nutrition; Counting on nutrition
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
1 v. (various pagings) : ill. ; 28 cm. NET funded.
Cover title.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Integrated curriculum; Mathematics; Proteins; Caloric values; Iron; Energy requirements; Consumer education; Recipes
Abstract: A set of 8 activities is designed to incorporate nutrition information into the math curriculum reinforcing basic skills and objectives, such as addition and multiplication of two and three place digits, addition and subtraction of decimals, interpretation of bar and circle graphs, and multiplication and division of fractions. Nutrition topic areas include: proteins (sources and function), determination of calorie value through food composition, iron, caloric requirements, consumer education and recipe adjustment. Each lesson contains a description of skills and nutrition concepts taught, expected student outcomes, brief nutrition background information, a list of materials and resources needed and a step-by-step description of how to conduct the activity. (js)

36 **NAL Call No: TX364.F561 F&N E-3981**
Florida nutrition education : a basic skills approach: social studies, the social study of nutrition, grades 7-9.
Perkins, Peggy G.; Wuthrich, Zack A.&XSocial studies, the social study of nutrition; The social study of nutrition
Florida, Dept. of Education.
Tallahassee, Fla. Florida Dept. of Education; 1981.
1 v. (various pagings) : ill. ; 28 cm. NET funded.
Cover title.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Integrated curriculum; Social studies; Learning activities; World food problem; Food misinformation; Life styles; Advertising; Cultural factors
Abstract: A set of 9 activities is designed to reinforce the nutrition related content of the 7th-9th grade social studies curriculum. Activity topics include, world food supply, contrasting lifestyles, food facts and fallacies, factors influencing decision making, advertising and its effect on consumer behavior and cultural differences. Each activity contains a description of basic skills and nutrition concepts taught by the lesson; background information, including questions and issues raised by the lesson, lists of materials and resources needed and a step-by-step description of how to conduct the activity. Student handout/worksheet masters and answer keys are included. (js)

37 **NAL Call No: TX353.T8**
Food choices eating for health.
Tuckwell, Mary Jo
Cincinnati, Ohio : South-Western Pub. Co; 1988.
ix, 484 p. : col. ill. ; 24 cm. New copyright statement from label on t.p. verso. Includes bibliographical references and index.

Language: English

Descriptors: Nutrition; Food; Teaching materials; Textbooks; Secondary education; Nutrition education; Nutrient sources; Eating patterns; Athletes; Food composition tables; Food distribution and marketing
Abstract: Selecting a healthful diet has become a challenge that often requires a trade-off between nutritional value, cost, and time/skill required for preparation. Designed to equip young adults with the food and nutrition knowledge needed to make informed choices, this text presents a multidisciplinary approach based on biological, social, and economic sciences. Divided into three skill-building sections that revolve around food choices, building nutrition knowledge, making informed decisions, and health y eating patterns comprise the subject areas. Nutrition physiology, dieting, sports nutrition, food resources, and child feeding are some of the topics discussed. Written in textbook form with questions at the end of each chapter, tables, graphs, nutritive value of foods tables, triceps skinfold charts, and recipes are also included.

38 NAL Call No: TX361.Y6S7
Food for today's teens common sense nutrition for fun & fitness.
Stare, Frederick John; Aronson, Virginia
Philadelphia : F. Stickley; 1985.
vii, 184 p. : forms ; 23 cm. Includes bibliographical references and index.

Language: English

Descriptors: Youth--Nutrition; Youth--Health and hygiene; Nutrition; Popular works; Nutrition education; Textbooks; Foods; Health; Weight control; Vegetarian diets; Athletics; Exercise
Abstract: This monograph provides practical information on food, diet and health in easy-to-read format for teenagers. Chapters include: why certain foods are selected to eat, balancing the basic food groups, weight-watching, nutrition for athletes, cardiovascular health, nutrition information for vegetarians, and facts and fallacies about nutrition. Selected reading lists, questions and answers, exercises, recommended dietary allowances, and food composition tables are included. The format of this publication would allow its use as a text for high school courses in nutrition. (mp)

39 NAL Call No: TX364.F6356 F&N E-4099
Food service multidisciplinary nutrition education program, grade 7.
Baltimore County (Md.), Public Schools.
Towson, Md. The Schools; 1981.
v, 89 p. : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Nutrition education; Youth Advisory Council (YAC); School food service; Student involvement
Abstract: The handbook is designed to assist foodservice personnel and teachers in developing a program of nutrition education activities complementary to classroom experiences. Suggestions are offered for: conducting a guided tour of the foodservice, taste testing new food products for the cafeteria menu, establishing a Youth Action Council (YAC) and observing and carrying out monthly themes and appropriate schoolwide activities. (js)

40 NAL Call No: LB1025.I4 F&N
Foods and nutrition--A mini unit for grades 6-10.
Urbana : University of Illinois at Urbana-Champaign; Jan/Feb 1983.
Illinois teacher of home economics v. 26 (3): p. 118-120. forms; Jan/Feb 1983.

Language: English

Descriptors: Instructional materials; Junior high school students; Nutrition education; Vegetables; Food preparation; Iron-deficiency anemia; Lesson plans; Learning activities
Abstract: A mini-lesson on green vegetables and iron deficiency anemia designed for grades 6-10 includes a story, a test, food preparation and taste testing, a discussion of the procedures, and a review of the test, with correct answers and explanations given. A list of 25 principles to be taught during the lesson is included (e.g., green vegetables contain no fat or cholesterol). (kbc)

41 NAL Call No: LB1025.I4 F&N
Foods and nutrition--A mini unit for grades 6-10.
Urbana : University of Illinois at Urbana-Champaign; March/April 1983.
Illinois teacher of home economics v. 26 (4): p. 159-160. ill; March/April 1983.

Language: English

Descriptors: Nutrition education; Secondary grades; Food preparation; Nutrition information; Nutrition knowledge; Junior high schools; Student participation
Abstract: Part 4 of a 5 part mini-course (designed to integrate principles related to nutrition, food

preparation, food buying, meal planning, energy use, and family relationships) presents a lesson which focuses on fruits and calcium and results in the preparation of a strawberry dessert. The format includes: students reading the story; taking the test; making the dessert; discussing the procedure with the teacher; correcting the test; and listening to teacher comments and emphases. The material may be photocopied. (kbc)

42 NAL Call No: TX355.F622 F&N AV
Foods. Butterick Pub.
New York Butterick; 1979.
4 rolls (81, 72, 72, 78 fr.) : col. ; 35 mm. & teachers's guide, 4 cassettes. (Basic concepts in home economics program 3). Includes transparencies and study sheets. Sound accompaniment compatible for manual and automatic operation.

Language: English

Descriptors: Adolescents (12-19 years); Nutrition education; Health education; Food selection; Health; Consumer education; World food problem; Sanitation; Safety
Abstract: Designed to make teenagers aware of the relationship between nutrition and health, growth, and appearance, this four part program provides information on foods and their nutritional content and encourages students to make wise food choices. In "The Food You Eat" students are encouraged to look at their own food intake in relation to a basic pattern and to make a conscious effort to balance food and energy needs. "The Food You Buy" presents basic consumer skills to help students choose foods with the most nutrition, finest quality, and best taste at the grocery store or when eating out. "Kitchen Know-How" stresses basic principles of food preparation in relation to sanitation, organization, and safety. "Food In Your Future" examines trends in food consumption and the challenge of finding new ways to feed the world's population.

43 NAL Call No: TX354.C7 1972 F&N B-2112
Foods in homemaking.
Cronan, Marion L.; Atwood, June C.
Peoria, IL. Chas. A. Bennett Co; 1972.
558 p. ill. Includes index. Teacher's guide (C-2159).

Language: English

Descriptors: Textbooks; Home economics; Nutrition education; Menu planning; Nutrition concepts; Cooking instruction; Food preparation; Secondary education; Food purchasing; Recipes
Abstract: A young people's approach to food is presented in a secondary level textbook featuring 3 learning aids: key ideas are interspered throughout the text to call attention to the topics being explained; the summaries at the ends of the chapters highlight the basic ideas covered; and memory prompters reinforce learning through questions and suggested activities. The topics covered begin with food attitudes and cultural influences and progress through kitchen tools, terms and sanitation; science of food; nutritional values and the basic food groups; shopping for and serving of food; nutritional needs of special groups, e.g., infants, obese or sick people; and wind up with special occasions, entertaining and eating out. There are recipes and illustrations for the preparation of all kinds of food, such as pasta, meat, vegetables and sandwiches.

44 NAL Call No: 1 EX892EX
Formula = learning + fun.
Claesgens, Mark
Washington, D.C. : The Administration; 1984.
Extension review - United States Department of Agriculture v. 55 (3): p. 8-9; 1984.

Language: English

Descriptors: Nutrition education; Exercise; Children; Adolescents; Fitness; Teaching materials; Extension activities; Conferences
Abstract: A 3-day, annual "Fitness Formula" workshop included health-related activities for low-income 4-H 8-11 year-olds, 4-H Ambassadors and teen leaders in a fun-oriented food and fitness education program. The "Formula" promoted by the workshop emphasizes proper nutrition plus proper exercise equals good health. Various exercises are described and illustrated (e.g.: sensory deprivation exercises to show how other senses (taste, smell) take over when 1 is missing (touch); practicing taking one's temperature and blood pressure). The major innovation of this new workshop was extending participation to 4-Ambassadors and teen leaders, providing these teen 4-H leaders practical experience in addition to their leadership training. (wz)

45 NAL Call No: TX721.G6 F&N E-3244
Good food, gift of German cooking.
Missouri, University, Instructional Materials Laboratory.
Columbia, MO. Instructional Materials, Lab; 1978.
(149) p. : ill. (World foods). Includes Instructor's

guide (HE-38-I) and Student materials (HE-38-S).

Language: English

Descriptors: Curriculum guides; Nutrition education; Cookery, German; Lesson plans; Sociocultural patterns; Menu planning; Recipes; Adolescents (12-19 years)
Abstract: Germany has a tremendous impact on food habits--and culture and traditions--in the United States. Among many foods of German origin that are now part of U.S. culture are frankfurters, sauerkraut, cheesecake, and a tremendous variety of cookies. German cooks are adept at turning nearly every useable scrap of food into a tasty dish of high food value. A knowledge of German cuisine provides many practical, interesting, and resourceful additions to daily menus and food preparation, as well as an understanding of the development of our own food habits and culture. A very brief discussion of German history, geography, politics, economics, and social and cultural characteristics is also provided.

46 **NAL Call No: HQ35.A3 F&N**
A group behavior modification approach to adolescent obesity.
Zakus, Gloria; Chin, Mary Lee; Keown, Mary; Hebert, Frederick; Held, Mark
Roslyn Heights, N.Y., Libra Pulications; Fall 1979.
Adolescence v. 14 (55): p. 481-490. charts; Fall 1979. 21 ref.

Language: English

Descriptors: Adolescents (12-19 years); Females; Obesity; Behavior modification; Nutrition education; Nutritional assessment; Psychological aspects; Group dynamics; Weight loss
Abstract: Obese adolescent girls who see control of problems as inside oneself can lose weight in a medical setting that employs behavior modification, nutritional principles, and peer group interaction. Subjects who score low (i.e., toward internalized perception of control) on the Rotter Internal-External Control of Reinforcement Scale are more likely to continue in the program and to lose weight. When losing weight, they tend to use behavior modification techniques more often and to eat a nutritionally more adequate diet. Group support does not appear to be of much benefit; girls who function more independently seem to do better in weight loss. Drop-outs from the program continue to gain weight.

47 **NAL Call No: S533.F66T74**
Guide for leader training for It's your move] 4-H teen nutrition education program.
Travis, Susan
Ithaca, N.Y.? : Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University?, 1982?; 1982.
1 v. (various pagings) : ill., forms ; 29 cm. Caption title. Includes bibliographies.

Language: English

Descriptors: 4-H clubs; Nutrition--Study and teaching (Secondary); Teaching materials; Lesson plans; Secondary education; Adolescence; Nutrition education; Health education; Fitness
Abstract: This book contains the 4-H Teen Nutrition Education Program. It is designed to teach the principles of nutrition to young people. The book is a leader's guide, with program suggestions and handouts. Seven topics are presented in the program, including: values and food; culture and food; advertising and food; body image, exercise, and food; farm production and food; pregnancy and food; and, alcohol and food. The program ends with tips for the leader regarding working with teens.

48 **NAL Call No: TX364.H423 C-2397**
Health education, physical dimensions of health, nutrition education, grades 10-12.
Albany, N.Y. The University of the State of New York, The State Education Dept., Bureau of School Health Education and Services; 1981.
vii, 131 p. ; 22 x 28 cm.

Language: English

Descriptors: Instructional materials; Curriculum guides; Secondary grades; Nutrition education; Meal planning; Diet improvement; Food and nutrition controversies; Diets for athletes; Maternal nutrition; Infant nutrition; Malnutrition; Careers
Abstract: A nutrition curriculum for grades 10 to 12 includes activities relating to meal planning, consumerism, physical fitness, health disorders, maternal and infant nutrition, hunger and malnutrition in the US, and careers in nutrition. Each activity provides subtopics, objectives, learner activities and teacher information. An appendix includes surveys to use in obtaining food intake information for breakfast and lunch. (ds)

49 **NAL Call No: TX364.H58 F&N E-4101**
Home economics multidisciplinary nutrition education program, grade 7.

Baltimore County (Md.), Public Schools.
Towson, Md. The Schools; 1981.
v, 135 p. : ill. ; 28 cm. NET funded. Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Intermediate grades; Home economics education; Integrated curriculum; Nutrition education; Breakfast; Snacks; Learning activities
Abstract: The home economics portion of the Multidisciplinary Nutrition Education Program provides supplementary activities to be used along with the existing nutrition and food curriculum guide. Acitivities included assess food attitudes, critique personal diets and encourage sound nutrition habits and may be integrated into practical classroom experiences in food preparation with an emphasis on breakfast patterns and snacks, the guide provides a 6 lesson series on the following topics: nutrients, nutrient needs, factors affecting food selection, food handling and nutrition-related careers. Each lesson series contains several activity suggestions to fulfill the stated objective. Student worksheets and recipes are included. (js)

50 NAL Call No: Graphic no.133
How to eat for good health each day eat a wide variety of foods from the Four Food Groups in moderation.
National Dairy Council
Rosemont, Ill. : National Dairy Council; 1987.
1 wall chart : col., double-sided ; 22 x 28 cm.

Language: English

Descriptors: Nutrition--Requirements; Nutrition--Study and teaching; Food exchange lists; Teaching materials; Nutrition education; Food groups; Food preferences
Abstract: Eating a wide variety of foods from the four food groups in moderation is promoted in the pamphlet. Colorful pictures of foods organized in each food group and in a combination foods category (foods containing ingredients from different food groups) are provided. The key nutrients provided by each group and their functions to promote health are noted. "Others" foods (those that can complement but not nutritionally replace foods from the four food groups) are listed by the following titles: sweets; fats and oils; chips and related products; alcohol; other beverages; and condiments. The reverse side discusses the rationale for eating foods from the four food groups, why variety and moderation are important and the daily recommended number of servings from each food group for children, teenagers, adults, pregnant women and breastfeeding women.

51 NAL Call No: TX361.C5153 B-3244
An Instructor's guide to special nutritional needs : a course.
Arizona, Dept. of Education, Food and Nutrition Office.
Phoenix, Ariz. Arizona Dept. of Education; 1982.
1 v. (loose-leaf) : ill. ; 30 cm. (Food service training modules Purple level). NET funded. Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Food service training; Nutrition education; Child nutrition programs; Diabetes mellitus; Vegetarian diets; Pregnant adolescents; Obesity; Underweight; Allergy diets; Lactose intolerance; Handicapped children; Dental health
Abstract: "Special Nutritional Needs" is 1 of 2 modules on the fourth level of a sequential 5 level series and provides 20 contact hours. The instructor's guide outlines 10 lesson plans for staff and personnel of Child Nutrition Programs, focuses on special nutritional needs commonly encountered in student populations and methods required to adjust menus to meet those needs. Topics include: diabetes, vegetarianism, nutrition for the athlete, adolescent pregnancy, over- and underweight, food allergies, lactose intolerance and nutrition for the developmentally handicapped. Each lesson outlines the lecture or discussion content, activities and resources needed to meet stated objectives. Other resources included in the guide are instructor's background information, bibliographies, worksheets, transparency masters and student handouts. (js)

52 NAL Call No: TX364.I562 F&N E-3967
Integrated nutrition education junior high.
Illinois State Board of Education (1973-)
Springfield, Ill. Illinois State Board of Education; 1981.
ii, 185 p. : ill. ; 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Nutrition education; Lesson plans; Learning activities; Integrated curriculum; Food handling; Pregnant adolescents; Food habits; Snacks; Nutritional labeling; Ethanol; Smoking

Abstract: Two lesson plans are provided for each month from September through May. Topics may be integrated into a variety of subjects and include: proper food handling; importance of a well balanced diet; effects of alcohol and smoking on health; conservation of resources through eating lower on the food chain; nutritional needs of pregnant teens; influence of lifestyle on food choices; nutritional labeling; and snacks. Each lesson plan lists several classroom activities and provides additional information and resources to assist in achieving the lesson objective. (js)

53 NAL Call No: TX364.I563 F&N E-3968
Integrated nutrition education senior high.
Illinois, State Board of Education (1973-).
Springfield, Ill. Illinois State Board of Education; 1981.
157 p. : ill. ; 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Grade 10; Grade 11; Grade 12; Lesson plans; Nutrition education; Nutrition concepts; Prenatal nutrition; Weight control; Nutritional labeling; Drug abuse; Classroom materials; Worksheets
Abstract: The Colorado NET program publication is reproduced for the Illinois State Board of Education. Lessons are appropriate for use in existing curriculum areas and each fulfills at least 3 of the following Illinois NET Act concepts: physiological facts, nutrients, food handling, life cycle, social/psychological aspects of food, food technology and nutrition and its role in society. Two lesson plans are provided for each month, September through May. Each contains a learner objective, brief background information for the teacher, and a list of suggested activities, some augmented by informative or activity stimulating worksheets. Topics include: basic nutrition concepts, prenatal nutrition, labeling, weight control, additives, sugar and drug use (alcohol, nicotine, etc.) (js)

54 NAL Call No: TX364.I565 F&N B-3359
Integrative nutrition : junior high home economics/health.
Minneapolis Public Schools.
Minneapolis, Minn. Minneapolis Public Schools; 1980.
1 v. (various pagings) : ill. ; 29 cm. NET funded.

Language: English

Descriptors: Instructional materials; Intermediate grades; Nutrition education; Integrated curriculum

Abstract: A curriculum for junior high school health and home economics courses includes 5 independent modules which may be integrated into existing course outlines. Each module addresses concerns of adolescents. "Nutrition/Fitness/Lifestyle capitalizes on body image interest and explores relationships between health and nutrition; Bod Squad/Weight Awareness", physical activity and the relationship between energy intake and expenditure; "Consumer Choice focuses focues on the students' needs to get the most for their money, making nutritious snack choices and reading nutrition labels; prenatal nutrition, breastfeeding and infant feeding are covered in "Nutrition for the Pregnant Adolescent"; and essentials of good nutrition in competitive sports and nutrition misinformation are addressed in the "Nutrition and the Athlete" module. Throughout each module, mainstream notes suggest adaptations of the lessons for those with skill problems in reading, writing, arithmetic and/or problems with concepts. (js)

55 NAL Call No: TX341.J6
An integrative nutrition education framework for preschool through grade 12.
Skinner, J.D.; Cunningham, J.L.; Cagle, L.C.; Miller, S.W.; Teets, S.T.; Andrews, F.E.
Baltimore, Md. : Williams & Wilkins; 1985 Aug.
Journal of nutrition education v. 17 (3): p. 75-80. charts; 1985 Aug. Includes 7 references.

Language: English

Descriptors: Teaching materials; Curriculum guides; Nutrition education; Elementary education; Secondary education; Children; Adolescents; Net program
Abstract: An integrative nutrition education framework for preschool through grade 12 was developed by the Tennessee Nutrition Education and Training (NET) program. The framework was based on review of the literature, Tennessee's needs assessment, and consultation with an advisory board. Four goals, developed as a basis of the nutrition education plan, include understanding the relationship between nutrition and health; the relationship between individual and environmental characteristics and food-related behavior; the physical and chemical properties of food; and the nature and means for resolution of food and nutrition-related concerns.

56 NAL Call No: TX341.H82
An integrative nutrition education framework for preschool through grade 12.
Skinner, J.D.; Cunningham, J.L.; Cagle, L.C.; Miller, S.W.; Teets, S.T.; Andrews, F.E.
London, Eng. : J. Libbey; 1985 Aug.
Human nutrition : applied nutrition v. 17 (3): p. 75-80. charts; 1985 Aug. Includes 7 references.

Language: English

Descriptors: Teaching materials; Curriculum guides; Nutrition education; Elementary education; Secondary education; Children; Adolescents; Net program
Abstract: An integrative nutrition education framework for preschool through grade 12 was developed by the Tennessee Nutrition Education and Training (NET) program. The framework was based on review of the literature, Tennessee's needs assessment, and consultation with an advisory board. Four goals, developed as a basis of the nutrition education plan, include understanding the relationship between nutrition and health; the relationship between individual and environmental characteristics and food-related behavior; the physical and chemical properties of food; and the nature and means for resolution of food and nutrition-related concerns.(mp)

57 NAL Call No: LB3401.J6 F&N
Introducing nutrition education.
Mangham, Donna Burnett; Vickery, Connie E.
Kent, Ohio, American School Health Association; Feb 1981.
The Journal of school health v. 51 (2): p. 110-112. chart; Feb 1981. 6 ref.

Descriptors: Nutrition education; Junior high school students; Teaching methods; Nutrition knowledge; Measurement techniques
Abstract: Since adolescence is an age in which nutritional needs are very great and when social pressures often interfere with good eating habits, junior high school students were chosen as the subjects of an evaluation process for a nutrition education program. Nutrition sessions in 2 schools (5 in one school, 3 in the other) focused on the relation of diet to growth, health, physical appearance and performance; nutrient functions in the body; 4 food groups; food labeling; weight control; and, food facts and fallacies. Learning activities and games reinforced the lessons. Pre- and post-tests revealed that all groups increased their knowledge of nutrition significantly; although nutrition education should be initiated in the very early years, it can still be effective in junior high.

58 NAL Call No: TX1.H63
Junior high home economics curriculum: Its effect on students' knowledge, attitude, and behavior.
Byrd-Bredbenner, Carol; O'Connell, Lily Hsu; Shannon, Barbara
Washington, D.C. : American Home Economics Association; Dec 1982.
Home economics research journal v. 11 (2): p. 123-133. charts; Dec 1982. Includes 16 references.

Language: English

Descriptors: Home economics education; Nutrition education; Curriculum evaluation; Secondary school students; Nutrition knowledge; Attitudes; Food attitudes; Behavior
Abstract: Extract: The effect of nutrition instruction (using the curriculum, "Nutrition In a Changing World, A Curriculum for Home Economics, Grades 7-9"), on improving the nutrition knowledge, selected food/nutrition attitudes, and dietary behavior of junior high home economics students was determined using 3 groups of students (1 experimental and 2 control groups) at each grade level (7 through 9). The experimental group was pretested, taught the nutrition curriculum, and posttested. One control group was only posttested to measure the effect of the pretest on posttest performance. A second control group was pre- and posttested. Neither control group received nutrition instruction until after the study was completed. Three instruments were used to collect data: a nutrition knowledge test, a food/nutrition attitude instrument, and a food frequency form. The results indicate that, at all grade levels, the experimental group had significantly improved knowledge scores. Little change in attitude scale scores was noted in grades 7 and 8, while 9th grade experimental students scored significantly higher on the posttest for all attitude scales. Little improvement was seen in the posttest food frequency scores. (author/kbc)

59 NAL Call No: 389.8 SCH6
Let's begin with nutrition education.
Hunt, Sharon
Denver, American School Food Service Association; May 1979.
School foodservice journal v. 33 (5): p. 72,74-75. charts; May 1979.

Descriptors: Georgia; Summer Food Service Program; Nutrition education; Food habits; Food preferences; Meal patterns; School surveys

Abstract: Nutrition education should be part of government-sponsored summer feeding programs. In an assessment of food habits, preferences, and source of nutrition education in a summer program in Fort Valley, Ga., 340 children gave information by completing questionnaires. The data was analyzed by computer. Regarding food habits, it was found that the most frequently skipped meal was breakfast, and that adolescent girls and pre-adolescent boys snack more than any other age group. Least favorite foods were vegetables; fried chicken and hamburgers ranked highest. While many children did not have a source of nutrition education, most expressed a desire to have nutrition education included in the summer food programs.

60 NAL Call No: RA784.M6 F&N C-2635

The lifelong nutrition guide : how to eat for health at every age and stage of life.

Morgan, Brian L. G.

Englewood Cliffs, N.J. Prentice-Hall; 1983.

xiv, 207 p. ill., 23 cm. A Spectrum book. Includes bibliographical references and index.

Language:

Descriptors: terials; Study guides; Consumer tion education; Basic nutrition controversies; Diet Guidelines

Abstract: esigning a healthy diet, and ghout the stages of the life a nutritionist for the general public t only addresses the basic rition, but also provides facts utritional and dietary fads and at Seventeen chapters discuss: ase (heart disease, hypertension, ity); nutrition at various ages d. adolescence, old age); nutrition for groups (pregnant women, vegetarians, alcohol drinkers, and those with food allergies); megavitamin therapy; nutrition and mental status; nutrition and exercise; and basic facts about vitamins, minerals and trace elements (wz)

61

Lunch at school.

Washington, USDA, Food and Nutrition Service; June 1979.

Food & nutrition v. 9 (3): p. 6-7; June 1979.

Language: English

Descriptors: School lunch programs; Child nutrition programs; Financial support; Federal aid; Nutrition education; Parent participation; National School Lunch Program; Student participation

Abstract: All public and nonprofit private schools, up to grade 12, and public, licensed, nonprofit, private residential child care institutions are eligible to receive federal aid for serving lunch through the National School Lunch Program established in 1946. If the lunch service meets federal requirements, the institutions are reimbursed and also receive technical assistance, USDA-donated foods, and funds for nutrition education. Students, parents and teachers may become more active in their schools' lunch programs. Parent groups especially may suggest changes in menus, in the quality and types of food, in scheduling, and in the cafeteria environment. The cafeteria should serve as a nutrition learning laboratory. Incorporation of nutrition education into the school curriculum should be encouraged.

62 NAL Call No: TX341.F69

The Magical kingdom of beverages & snacks.

Stephenson, Susie

New York, Harcourt, Brace, Jovanovich; Aug 1982.

Food management v. 17 (8): p. 60-63, 66, 68, 71. ill; Aug 1982.

Language: English

Descriptors: Snacks; Snack foods; Nutrition concepts; Commercial food service; Nutrition education; Standardized recipes; Food preparation, quantity

Abstract: While many adults consider snacking a barrier to good nutrition, an on-going university study indicates that those who snack are likely to consume a higher percentage of their Recommended Daily Allowance of calories and other nutrients. This offers a challenge to foodservice directors and dietitians to enhance education concerning snacks through the presentation of more nutritious snacks and beverages. It is estimated that a fourth of a teenager's calories come from snacks, and that snacking is a way they show their independence. While adults seem to want lighter meals, the offering of a wide variety of nutritious snacks (e.g., high protein ginger nut cream cheese and jam sandwiches, tuna almond sandwiches, orange maple drink, peanut butter candy) may instill ideas on making their home meals more nutritious, as well. Sixteen quantity-tested institutional snack recipes yielding 48 servings each, are provided. (wz)

63 NAL Call No: LB3401.A57
Methods of nutrition presentation in high school health textbooks.
Granwehr, Y.
Reston, Va. : American Alliance for Health, Physical Education and Dance; 1985 Oct.
Health Education v. 16 (5): p. 19-20. charts; 1985 Oct. Includes 9 references.

Language: English

Descriptors: Nutrition education; Secondary education; Textbooks; Evaluation
Abstract: Through such reports as the Surgeon General's Healthy People and the second edition of Dietary Goals for the United States, it has been assumed that education would help accomplish the dietary goals of the reports. To determine if high school textbooks had changed their presentation formats to conform with the dietary goals, a study of three health textbooks from three major publishing companies was conducted. It was determined that the factual method of presentation regarding nutrition information was used the most. The actual amount of line space devoted to discussions of Dietary Goals was small for all three books. Because little impact on students' dietary habits has been observed, it is a conclusion of this study that publishers and teachers have not substantially modified nutrition presentations in current high school health textbooks. Further investigation is warranted.(jd-b)

64 NAL Call No: jRG556.5.M8
Munch, a story about a young pregnant girl who is about to face many true-life, challenging and dramatic food situations in the next 9 months.
Thomas, Donald R.
Wisconsin, Dept. of Health and Social Services, North Central Wisconsin Perinatal Center
Madison WI : Wisconsin Department of Health and Social Services; 1977.
[13] p. : ill. ; 28 cm. Cover title.

Language: English

Descriptors: Pregnancy, Adolescent--Comic books, strips, etc; Pregnancy--Nutritional aspects--Comic books, strips, etc; Food habits--Comic books, strips, etc; Teaching materials; Comic books; Pregnant adolescents; Prenatal education; Food groups; Nutrient sources; Menu planning; Nutrition education
Abstract: Separate pamphlets each give a brief overview of requirements, functions, food sources, cooking, and selection tips for individual nutrients. Each pamphlet varies slightly in format, but all offer a self test, quiz, or puzzle, and a recipe. Vitamin A, Vitamin C and Iron pamphlets categorize food sources into highest to lowest sources; B vitamins pamphlet includes note to vegetarians stressing the importance of vitamin B12 in the diet. Carbohydrates pamphlet differentiates among foods with starches, foods with natural sugars and foods made with refined sugars. The Fats pamphlet defines cholesterol, and saturated/unsaturated fats and suggests ways to reduce fat in the diet. Sources and portion sizes equivalent to the calcium content of 1 cup of milk are illustrated in the Calcium pamphlet. The pamphlet on breakfast reviews importance of the first meal of the day and suggests several unique breakfast food ideas.

65 NAL Call No: TX364.B3 1981
Novi Community Schools Nutrition Education Project Novi nutrition education scope and sequence : pre-school through grade 12 : model for curriculum infusion.
Barr, William D.; Traynor, Rita A.; Kokas, Maria Sarivalas
Novi Nutrition Education Curriculum Development Committee, Novi Community School Nutrition Education Project
Novi, Mich. : Novi Community School District; 1981.
5 v. : ill. ; 29 cm. Cover title: Novi Community Schools nutrition education scope & sequence : a nutrition curriculum model. Novi education program. "These materials (documents, products, etc) were prepared by the Novi Nutrition Education Curriculum Development Committee ..."-- v. 1, Cover p. 2.

Language: English

Descriptors: Michigan; Nutrition--Study and teaching (Preschool); Nutrition--Study and teaching (Elementary); Nutrition--Study and teaching (Secondary); Teaching materials; Curriculum guides; Primary education; Intermediate grades; Secondary education; Nutrition education; Dietary guidelines; Lesson plans
Abstract: This guide was developed as a comprehensive, referenced, nutrition education manual for the public school system in Novi, Michigan. In five volumes, it contains instructional guidelines for students from pre-school to the 12th grade. The first volume is designed for use with pre-school and kindergarten aged children; volume two is for first to third graders; volume three is designed for grades four to six; volume four is intended for use

with seventh through tenth graders; and volume five is designed to teach students in tenth to twelfth grades. The health/nutrition minimal performance objectives of the Michigan Department of Education provided the core of concepts and objectives used in the Novi guide. The guide includes a variety of affective and cognitive learning activities specifically suited to a particular age group.

66 NAL Call No: JTX364.N97
Nutrition achievement test 4 for students in junior and senior high school and adults: manual and test.
National Dairy Council, University of Illinois at Chicago
Rosemont, Ill. : National Dairy Council ; Chicago : University of Illinois at Chicago, 1986; 1986.
8, 8 p. : ill. ; 28 cm.

Language: English

Descriptors: Nutrition--Study and teaching (Secondary); Nutrition--Examinations, questions, etc; Reference works; Nutrition knowledge; Tests; Nutrition education; Program evaluation; Secondard education; Adults
Abstract: Nutrition Achievement Test 4 is a nationally tested and validated measure of general nutrition concepts developed by the National Dairy Council and University of Illinois for students in junior and senior high school and for adults. The test can be used to measure nutrition education needs of groups or individuals, or to evaluate the effectivensss of specific nutrition education programs. Nutrition concepts measured by the test include nutrients, food handling, food technology, nutrition through the life cycle, social and psychological needs, and nutrition and society. A test manual accompanying the test instrument and answer key overviews 1) test development and field testing, 2) statistical characteristics of the test (validity, difficulty, discrimination, reliability, standard error of measurement, mean score, standard deviation, range), 3) directions for administering the test, and 4) interpretation of test scores.

67 NAL Call No: LB3401.J6 F&N
Nutrition and school health.
Egan, Mary C.
Kent, Ohio, American School Health Association; Nov 1979.
The Journal of school health v. 49 (9): p. 516-518; Nov 1979. 12 ref.

Language: English

Descriptors: Adolescents (12-19 years); Growth; Body composition; Health needs; Nutrition education; Health programs; School health services; Health personnel; Pregnant adolescents; Self-care; Preventive medicine
Abstract: The nutritional needs of adolescents are defined by growth and changes in body composition, and are probably higher than at any other time of life. The most common problems involve immunization, dental care, vision, hearing, upper respiratory ailments, anemia, and genito-urinary infections. Adolescents give birth to 600,000 babies a year, accentuating the need for health care and nutrition education, counseling and day care. Harmful substance abuse contributes to accidents, disease and poor nutrition. Trends in school health care include expanded roles for school nurses, mainstreaming handicapped children and emphasizing self care and nutrition education in the wellness program.

68 NAL Call No: RA784.N8
Nutrition and the exercising female.
Kris-Etherton, P.M.
Baltimore, Md. : Williams & Wilkins; 1986 Mar.
Nutrition today v. 21 (2): p. 6-16. ill., charts; 1986 Mar. Includes 11 references.

Language: English

Descriptors: Nutrition education; Diet; Exercise; Fitness; Females; Child nutrition
Abstract: Females who exercise have special nutritional and energy needs which vary throughout the life cycle. Good nutritional and physical health go hand-in-hand and should be incorporated at an early age. Good habits are important to establish during early childhood, and must be maintained during adolescence, when obesity occurs in 20 per cent of females aged 12 to 17 years. Women who exercise excessively may experience anorexia athletica, athletic oligomenorrhea/amenorrhea, and/or sports anemia. Exercise can, and should, be done during pregnancy and lactation; however, women must be careful not to place physical stress on either themselves or the fetus.(lsp)

69 NAL Call No: LB3401.J6 F&N
A nutrition component for high school health education curriculums.
German, Mary Jane; Pearce, Janice; Wyse, Bonita W.; Hansen, R. Gaurth
Kent, Ohio, American School Health Association; Mar 1981.
The Journal of school health v. 51 (3): p. 149-153.

ill., charts; Mar 1981. 20 ref.

Descriptors: Nutrition education; High school students; Index of Nutritional Quality (INQ); High school curriculum; Curriculum evaluation; Nutrition knowledge; Measurement techniques; Computer applications
Abstract: According to nationwide surveys, a significant portion of adolescents are at nutritional risk, suffering from over- or under-weight, anemia and dental caries. A research project was undertaken to develop, implement and evaluate a nutrition education component for use in high school health curricula. A computer program calculated the Index of Nutritional Quality of the students' diets by comparing the Recommended Dietary Allowance of food to its nutrient density. This concept was applied in a high school nutrition education experimental unit, and results indicated an increase in student's nutrition knowledge and improved attitude toward nutrition.

70 NAL Call No: LB3401.J6 F&N
Nutrition curriculum for health education: Its effect on students' knowledge, attitude, and behavior.
Byrd-Bredbenner, Carol; O'Connell, Lily Hsu; Shannon, Barbara; Eddy, James M.
Kent : American School Health Association; 1984 Nov.
The Journal of school health v. 54 (10): p. 385-388. charts; 1984 Nov. Includes 15 references.

Language: English

Descriptors: Nutrition education; Students; Food habits; Behavior; Adolescents; High school students; Nutrition knowledge
Abstract: A study of the effects of the use of 3 curriculum guides ("Nutrition in a Changing World", " A Curriculum for Junior High Health", "A Curriculum for Senior High Health") on improving nutrition knowledge, in secondary school health courses was conducted in 11 secondary schools in 2 US states. The results indicated that students exposed to the guides had significantly improved knowledge scores (post-test vs. pre-test) at all grade levels. Ninth grade (but not seventh and eight) had significantly higher post-test scores for all attitude scales. Negligible improvement, however, was evidenced in post-test scores of a food frequency form completed by the students. (wz)

71 NAL Call No: RG559.S78 F&N E-3945
Nutrition during pregnancy and lactation : a nutrition module for secondary schools.
Stout, Frances A.
Connecticut Nutrition Education and Training Program.
Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut; 1981.
1 portfolio with enclosures : ill. ; 30 cm. NET funded. At head of title: Connecticut Nutrition Education and Training Program.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Pregnancy; Breast feeding; Lesson plans; Learning activities
Abstract: A nutrition education module for secondary school students is designed to increase teenagers' awareness of the relationship between diet and a healthy pregnancy and that breastfeeding is a natural extension of pregnancy. Ten 40-minute lessons with optional activities and evaluation instruments may be integrated into human behavior, family living, health, child development or home economics studies. Lesson topics include: effects of diet on the growth of the fetus; values clarification for pregnancy and eating habits; fetal growth and development; drugs, alcohol and smoking; nutrient needs during pregnancy; sources and functions of nutrients and breastfeeding. Supplemental materials include pre/posttests, information and activity handouts, and pamphlets on smoking, alcohol and birth defects. (js)

72 NAL Call No: TX945.S344
Nutrition education.
Stitt, K.; Balentine, M.B.
Englewood, Colo. : American School Food Service Association; 1988.
School foodservice research review v. 12 (1): p. 33-39; 1988. Bibliography.

Language: English

Descriptors: Nutrition education; Bibliographies; Teaching materials; Athletes; Children; Adolescents; Teachers
Abstract: Articles published in School Food Service Research Review, Journal of Nutrition Education, and Journal of the American Dietetic Association from 1980-1986 were reviewed and annotated. Primarily, articles included are on theory and methodology; nutrition education of children, adolescents, athletes, and teachers; as well as general nutrition education.

73 NAL Call No: TX364.B7
Nutrition education an integrated multidisciplinary approach.
Brown, Frieda F.
Atlanta : Georgia Dept. of Education; 1984.
3 v. : ill. ; 28 cm. Cover titles: Nutrition education for early childhood, K-4 -- Nutrition education for middle grades, 5-8 -- Nutrition education for secondary grades, 9-12. Includes bibliographies.

Language: English

Descriptors: Georgia; Children--Georgia--Nutrition--Study and teaching; School children--Food--Georgia--Study and teaching; Children--Nutrition--Study and teaching; Teaching materials; Curriculum guides; Elementary education; Intermediate education; Secondary education; Nutrition education; Health education
Abstract: Guided by goals of developing positive food attitudes, suitable eating patterns and decision-making skills relative to good nutrition practices, this nutrition education program for Georgia public schools is divided into three parts. Grades K-4 focus on understanding basic nutrition concepts, food preparation/handling, menu planning and how nutrients affect physical and mental health. Grades 5-8 focus on specific information of nutrients, cultural food habits and contributing factors to food waste in the U.S. Grades 9-12 focus on nutrition in a more scientific manner with a greater emphasis on the relationship between nutrition and health. Each unit for each level is clearly defined by objectives, and includes a variety of activity sheets and resource references. Parent and teacher/library materials references are also included.

74 NAL Call No: TX341.E5 F&N
Nutrition education and counselling theories.
Contento, Isobel
New York : Environmental Nutrition, Inc; June 1983.
Environmental nutrition newsletter v. 6 (6): p. 1-3; June 1983. Includes 6 references.

Language: English

Descriptors: Behavior; Nutrition education; Counseling; Models; Children; Adolescents (12-19 years); Food habits
Abstract: Psycho-social factors influencing children's and adolescents' eating habits are reviewed. Social psychological theories combine both the cognitive approach and behavioral aspects and are used often to present nutrition information. This is known as the K-A-B (knowledge, attitude, and behaviors) approach which states that knowledge will lead to changes in attitude, which in turn will lead to new behaviors. A number of studies report different interactions between K-A-B. Two other useful models are: Value X' expectancy (VXE) and the behavior intention model (BIM). VXE suggests motivation takes a particular outcome or goal; the individual's expectancy or estimated likelihood will produce a desired outcome (a weight loss example is given). The BIM includes the VXE model but uses group pressure to reinforce behavior. Several other theories are explained including one that places importance on external events (stimuli or cues) and reinforcements or rewards on behavior. The behavioral sciences have much to offer nutrition educators and counselors. (kbc)

75 NAL Call No: TX364.N87
Nutrition education & training.
Public Schools of the District of Columbia, Nutrition Education & Training Program (Washington, D.C.)
Washington, D.C. : The Program, [1982?]; 1982.
[10] leaves : ill. ; 20 x 22 cm. NET funded. Cited in Promoting nutrition through education, p. 191 as: Nutrition bulletin board ideas.

Language: English

Descriptors: Nutrition--Study and teaching; Teaching materials; Secondary education; Nutrition; Food habits; Nutrients; Users; Foods; Groups; Requirements; Snacks
Abstract: The basics of good nutrition briefly preseneted in an easy to understand style in this guide prepared by the District Columbia Public Schools Nutrition Education and Training Program. Nutrition is defined and the major functions of carbohydrates, fats, proteins, vitamins, minerals, and water are described. The basic food groups and common food in each are outlined; the numbers of food servings recommended for different individuals are provided. Guidelines are given for selecting nutritious snacks such as fruits, raw vegetables, popcorn, crackers, and yogurt. A word find exercise, crossword puzzle, and review are included as teaching tools. (ajc)

76 NAL Call No: TX345.W62 F&N B-2837
A nutrition education curriculum for Grade 9 students.
Hamilton, Marlene
Oxford : Oxford University Press, 1980; 1980.

World nutrition and nutrition education / edited by H. M. Sinclair and G. R. Howat. p. 208-213; 1980. 1 ref.

Descriptors: Jamaica; Nutrition education; Integrated curriculum; Grade 9; Curriculum evaluation; Malnutrition; Curriculum development
Abstract: Nutrition problems in Jamaica include severe malnutrition, high infant mortality, anemia in pregnant and lactating women, energy and protein deficiency, and subnormal weight and height. In response to the evident need for nutrition education, a nutrition curriculum for 9th grade was designed and implemented in 2 Jamaican secondary schools. Nutrition information was integrated within the subject areas of general science, home economics, and agriculture. The project aimed to increase students' knowledge of basic nutrition principles and to encourage their appreciation of the importance of nutrition for themselves and their community.

77 NAL Call No: TX341.J6
A nutrition education curriculum for senior high home economics students: its effect on students' knowledge, attitudes, and behaviors.
Byrd-Bredbenner, C.; Shannon, B.; Hsu, L.; Smith, D.H.
Baltimore, Md. : Williams & Wilkins; 1988.
Journal of nutrition education v. 20 (6): p. 341-346; 1988. Includes 28 references.

Language: English (Summary in Frenchpanish)

Descriptors: High school students; High school curriculum; Home economics; Nutrition education; Nutrition knowledge; Behavior
Abstract: The purpose of this study was to determine the effect of nutrition instruction--using the curriculum guide Nutrition in a Changing World, Concerns of Young Adults--on nutrition knowledge, selected food/nutrition attitudes, and food behaviors of students enrolled in senior high school home economics courses. A quasi-Solomon four-group experimental design was used. One experimental group was pretested, taught nutrition via the curriculum, and posttested. A second experimental group, which was not pretested, was taught nutrition via the curriculum and posttested. One control group was pretested and posttested, and a second control group was only posttested. Neither control group received food and nutrition instruction until after the study was complete. We used three instruments to collect data: a nutrition knowledge test, a food/nutrition attitude instrument containing four scales, and a two-part food behavior assessment form. The results indicate that the experimental group had significantly improved knowledge scores and improved attitude scores on the scale entitled Nutrition Affects Health. No significant changes were observed in posttest scores on the food behavior assessment form.

78 NAL Call No: TX911.5.N67 F&N E-4110
Nutrition education for school lunch managers, secondary level.
Norris, Kay
Idaho, State Superintendent of Public Instruction. Boise, Id. distributed by Idaho State Dept. of Education; 1982.
A-E, 93 p. : ill. ; 28 cm. NET funded. October, 1982. Bibliography: p. 93.

Language: English

Descriptors: Instructional materials; Nutrition education; Food service workers; Lesson plans; Food habits; Physical fitness; Snacks; Ethnic foods; Fast foods
Abstract: Secondary classroom nutrition education lesson plans to be given by lunch managers and teachers focus on teenage interests, emphasizing good nutrition for good health and good looks, physical fitness, energy, eating trends and fast foods. Designed to encourage wise food choices and help students incorporate these positive habits into their lifestyles, each of 6 lessons provides information for the school lunch manager's classroom presentation and additional material for the teacher including suggestions for projects, topics for discussion and student handouts. (js)

79 NAL Call No: TX364.N887
Nutrition education ideas for school food managers.
Georgia, Dept. of Education, United States, Dept. of Agriculture
Atlanta : Georgia Dept. of Education; 1980.
5 v. : ill. (some col.) ; 28 cm. Funded by U.S. Dept. of Agriculture under Public Law 95-166.

Language: English

Descriptors: Nutrition--Study and teaching--Georgia; Reference works; Nutrition education; Program development; Guidelines; Learning activities; School food service; School children
Abstract: Nutrition education activities that school food service personnel can use to promote good nutrition to school children are introduced in this series of phamphlets from the Georgia Nutrition Education and Training (NET) program.

Guidelines are provided for enhancing the success of nutrition education and training programs; for getting school staff and administrators more involved in promotional activities; and for encouraging food service personnel to improve personal dietary practices. A different set of activities that considers specific characteristics of the particular age group is described for children in 1) kindergarten through grade 2, 2) grades 3 through 5, 3) grades 6 through 8, and 4) grades 9 through 12. A separate brochure outlines general guidelines and project ideas for initiating parental involvement in nutrition education programs in local school systems.

80 NAL Call No: LB1025.I4 F&N
Nutrition education: Is student interest increasing?
Holt, Nancy C.
Urbana : University of Illinois at Urbana-Champaign; 1984 Jan.
Illinois teacher of home economics v. 27 (3): p. 98-100. ill., forms; 1984 Jan. Includes bibliographical references.

Language: English

Descriptors: Students; Attitudes; Health; Nutrition education; National surveys; Secondary education
Abstract: The results of an attitude survey related to health and nutrition of 285 high school students are presented. Using a Likert-type scale, students were asked to agree or disagree with 20 statements related to good health, the importance of exercise, food choices, and weight control, which included an evaluation of the student's perception about their own weight. The majority of the students (80.3%) felt their weight was about right, or that they were overweight (primarily female responses), even though the girls were taller and weighed less than National Center for Health Statistics norms. Nutrition and health responses indicated that: 69% believed foods eaten presently had an effect on future health; 66% believed diet was a factor in disease prevention; 24.4% were unsure of the relationship between diet and disease; and 91.8% believed exercise was important for health. Throughout the day, only 51.6% of the students were concerned about eating nutritious foods and 59.1% felt home economics classes provided good nutrition information. The survey and responses are included. (kbc)

81
Nutrition education: It's a winner.
Zuber, Shelley; Moerchen, Barbara Dommert
Denver, American School Food Service Association; Aug 1979.
School foodservice journal v. 33 (7): p. 63-66. ill; Aug 1979.

Language: English

Descriptors: Nutrition education; Recommended Dietary Allowances; Food attitudes; Food consumption; School lunch programs; Food knowledge; Foods instruction
Abstract: A program funded by the Nutrition Education and Training Section of the Child Nutrition Bill teaches basic nutrition skills to elementary and secondary school children. "Big Ideas in Nutrition Education" is promoted in Arkansas and Texas by the Arkansas Department of Education, the Texas Education Agency, and Dairy Council, Inc. (DCI) of San Antonio. Teachers who take part in the program are trained by a DCI nutrition consultant. Food consumption data from a teenage unit showed a marked increase in the number of students who included recommended minimum servings in their daily food selections. Students who were taught "Big Ideas" by DCI trained teachers averaged 86% or better on posttests vs. pretests. The program is implemented in four units: 1) "Little Ideas" or the preschool unit; 2) "Balanced Meals"; 3) "Daily Food Choices"; and 4) "Teenage Nutrition Program".

82 NAL Call No: TX364.N788 F&N B-3673/74
Nutrition education learning modules for pregnant adolescents, expectant fathers, school-age parents and their families.
Student-Parent Center (Ann Arbor, Mich.)
Ann Arbor, Mich. Student-Parent Center; 1980.
13 v. in 1 : ill. ; 29 cm. NET funded.

Language: English

Descriptors: Instructional materials; Study guides; Nutrition education; Pregnancy and nutrition; Pregnant adolescents; Adolescents (12-19 years); Adolescent nutrition; Maternal nutrition; Prenatal nutrition; Infant nutrition; Basic nutrition facts; Diet improvement; Guidelines
Abstract: A collection of nutrition education materials provides practical guidance and basic nutrition facts aimed at improving nutrition and dietary habits of pregnant adolescents, school-age parents, expectant fathers, and their families. A total of 12 learning modules are included. Each module is comprised of basic health and nutrition information, quizzes (and answers) to test nutrition

knowledge and practices, educational aids, and resource references for further study. The modules cover topics such as the importance of keeping track of what is eaten, information on key nutrients, guidelines for and benefits of using vegetarian diets, the pros and cons of fast foods, prenatal nutrition, food and nutrition myths, breastfeeding instructions and its benefits, infant feeding of solid foods at various ages, aids for feeding the toddler or preschooler, postnatal nutrition, and information for improving consumer awareness. The modules also include safety precautions and a variety of special pamphlets. A teaching guide preceeds the modules. (wz)

83 **NAL Call No: TX364.N44 F&N E-3317**
Nutrition education, manual for teachers.
Bedworth, Albert E.
New York (State) Education Dept Bureau of School Health Education and Services.
Albany, N.Y. State Education Dept; 1979.
115 p. (Health education, physical dimension of health).

Descriptors: Nutrition education; Food habits; Instructional materials; Teaching guides; Secondary grades; Basic nutrition facts; Food misinformation; Growth; Elementary grades; World food problem
Abstract: Nutrition information and guidance to facilitate the learning experience are provided in a teachers' manual for nutrition education designed to be used with companion curriculum guides. Teachers of primary, intermediate, junior, and senior high school students are presented with an overview of nutrition education, goals to achieve, and concepts that students should develop. Information on food habits, nutrition's link to health, food's relationship to human development, diets, nutrition and reproduction, nutrition problems and policies, and nutrition betterment programs is presented. A list of source materials and teaching aids, common misconceptions about food, and a summary of U.S. dietary goals are included.

84 **NAL Call No: TX364.N862**
Nutrition education resource package a resource for teachers of junior high school health education.
Nutrition Education and Training Program (N.C.)
Raleigh, N.C.? : Nutrition Education Training (NET) Program, Division of Child Health, North Carolina Dept. of Public Instruction, [1985?]; 1985.
vi, 123 p. : ill., forms ; 28 cm. Cover title. Includes bibliographies.

Language: English

Descriptors: North Carolina; Nutrition--Study and teaching (Secondard); Reference works; Secondary education; Resource materials; Learning experiences; Nutrition; Health education; Food groups; Nutrient deficiencies; Weight control; Net program

Abstract: Nutrition education resources designed for use by education teachers at the junior high shcool level are presented in this package from the North Carolina Department of Public Instruction. Background information for lesson plans (presented in a question and answer format) and a variety of classroom activities are organized around four major competency goals: 1) to identify the nutritional value of each food group, 2) to understand the effect of nutrient deficiency on the human body, 3) to learn the components of a well-balanced diet, and 4) to achieve and maintain a desirable weight. Classroom activity sheets include objectives, a brief description, list of necessary materials, time requirement, instructions to the teacher, and discussion questions. Student handouts accompany several learning activities. Activities are designed to encourgae students to examine a situation, study available resources, and make their own conclusions.

85 **NAL Call No: LB3473.A1S3 F&N**
Nutrition for stronger athletes: School food service project.
Bazzarre, T.L.; Stirling, G.B.; Sumner, S.K
Denver : American School Food Service Association; 1983.
School foodservice research review v. 7 (2): p. 115-118. charts; 1983. Includes 9 references.

Language: English

Descriptors: Secondary education; Students; Attitudes; Athletes; Nutrition; Nutrition education; School meals; School food service
Abstract: Extract: The purpose of this paper is to describe the concerns of high school coaches about nutrition problems among high school athletes on the basis of an open-ended questionnaire that was administered as part of a five-day workshop on nutrition and athletic performance. The workshop was part of a two-year demonstration school food service project designed to increase student participation in the school lunch program. This workshop is important because it provides insight into the problems and needs of coaches and athletes concerning diet. These findings could aid others in the development of strategies and activ-

ities for similar programs, which should include adequate funding for long-range planning and evaluation. (author)

86 NAL Call No: LB1025.14
Nutrition for teens.
Phillips, J.
Champaign, Ill. : Home Economics Education, University of Illinois at Urbana-Champaign; 1989 Mar.
Illinois teacher of home economics v. 32 (4): p. 142-143; 1989 Mar. Includes 1 references.

Language: English

Descriptors: New Mexico; Nutrition education; Adolescents; Home economics education; Applied nutrition; Menu planning
Abstract: The New Mexico teacher of the year describes the Nutrition for Teens program at the Los Alamos Middle School. The program includes teaching practical applications of nutrition principles and school programs outside the home economics class. Students in home economics class are required to plan, prepare and serve a daily menu.

87 NAL Call No: TX364.N89
Nutrition for the health of it nutrition activities for the Home Economics classroom.
Nutrition Education and Training Program (Md.)
Maryland : Maryland State Department of Education, Nutrition Education and Training Program; 1984.
[145] leaves : ill., forms ; 29 cm. Bibliography: leaves [144-145].

Language: English

Descriptors: Maryland; Nutrition--Study and teaching; Diet; Teaching materials; Activity books; Secondary education; Nutrition education; Snacks; Anorexia nervosa; Bulimia; Fast foods; Food preferences; Nutrient sources; Food groups; Food fads; Weight control; Exercise
Abstract: Composed of instructional activities gathered from around the nation, this compilation from the Nutrition Education and Training Program of the Maryland State Department of Education is designed to assist in nutrition education in home economics classrooms. The activities, consisting of puzzles, word games, questionnaires, fact sheets, stories and other innovative teaching aids are meant to be incorporated into existing courses of study. Personal food habits, fast foods, snacks, athletes and nutrition, anorexia/bulemia, food fads/myths, convenience foods, calories/energy balance, and nutrients in foods are topics addressed by the activities handouts. A resource list for curriculum/activity guides and audiovisual aids is included.

88 NAL Call No: LB3401.J6 F&N
Nutrition knowledge of teen-agers.
Skinner, Jean D.; Woodburn, Margy J.
Kent : American School Health Association; 1984 Feb.
The Journal of school health v. 54 (2): p. 71-74; 1984 Feb. Includes 18 references.

Language: English

Descriptors: Oregon; Nutrition education; Adolescents; Evaluation; Curriculum; Nutrition; Nutrients

Abstract: A needs assessment survey was given to 1,193 teenagers prior to their receiving nutrition education in Oregon high school home economics or health classes. The results confirmed a general lack of nutrition knowledge among teenagers regardless of the fact that 67%, had received nutrition education earlier, which is consistant with other, similar studies. Table 1 lists the 15 nutrition units that received major emphasis in high schools such as the basic 4 food groups. Food group information appeared to be well understood by these teenagers prior to this study. Concepts not well understood by teenagers include the amount of dietary protein and vitamin C needed; food nutrient sources other than the single "best" source; and how to plan a nutritious meal when not following traditional meal patterns. The study concluded that teenagers (average age 15.5 years) understand basic nutrition concepts, such as the 4 food groups and the importance of protein in the diet. However, they need to understand the nutrient content of a variety of foods, to un-learn some common fallacies, and to learn how to incorporate their favorite foods, or non-traditional foods, into a balanced and varied diet. (kbc)

89 NAL Call No: 389.8 SCH6
Nutrition research.
Johnson, D.W.; Johnson, R.T.
Denver, Colo. : American School Food Service Association; 1985 Nov.
School foodservice journal v. 39 (8): p. 80; 1985 Nov.

Language: English

Descriptors: Nutrition education; Nutrition knowledge; Attitudes; Behavior change; Program effec-

tiveness; Guidelines
Abstract: Meta-analysis, the process of combining results of independent studies to integrate their findings, was used to examine changes in nutrition knowledge, attitudes, and behavior. Results indicated that nutrition education led to nutrition knowledge gains, more positive attitudes toward nutrition, and constructive changes in food consumption patterns. Suggestions are provided for improving the effectiveness of nutrition education programs in reaching school-age children and adolescents. Recommendations are outlined for implementing long-term, large-scale efforts to increase the emphasis on nutrition education in schools, the workplace, hospitals, and other settings.(aje)

90 **NAL Call No: LB1025.I4 F&N**
Nutrition week at Gilmore Junior high.
Rohlfing, Ruth
Urbana : University of Illinois at Urbana-Champaign; March/April 1983.
Illinois teacher of home economics v. 26 (4): p. 131-135. ill; March/April 1983.

Language: English

Descriptors: Nutrition education; Junior high schools; Home economics; Student participation; Nutrition information; Nutrition knowledge
Abstract: Students assigned to teach their peers about nutrition approached a nutrition unit with added concern and interest. Eight different tasks were assigned enabling students to participate regardless of their ability levels. A skit, based on the National Nutrition Week slogan, "Eat a Balanced Diet Every Day," was presented to the student body and staff at the conclusion of the activities (the script is included). The participating students gained nutrition knowledge as well as recognition from other students, which increased their self-respect and made some problem students more controllable. (kbc)

91 **NAL Call No: LB1025.I4 F&N**
Nutritional education for the troubled and troublesome.
Lindsey, Shirley
Urbana : University of Illinois at Urbana-Champaign; 1984 Jan.
Illinois teacher of home economics v. 27 (3): p. 87-89; 1984 Jan. Includes bibliographical references.

Language: English

Descriptors: Nutrition education; Diet planning; Food production; Adolescents; Delinquent behavior; Students; Nutrition programs
Abstract: A 3 part program for delinquent youth in a residential treatment center focused on basic nutrition information including labeling and food purchasing; meal planning; and meal preparation. The positive approach to food was stressed through a 7 step exercise that highlighted feelings and benefits of the group concerning foods. An analysis of the school lunch menu lead to planning a meal, then preparing it. All work was done by the students. Increased nutrition knowledge was evidenced by pre-and post-tests scores plus students gained confidence in independent skills. (kbc)

92 **NAL Call No: TX361.Y6N88 F&N E-4065**
Nutritional needs of teens : kit of transparencies : for Youth Advisory Councils (YACs).
Tennessee NET Program.
Nashville, Tenn. Tennessee NET Program; 1979.
1 portfolio : ill. ; 30 cm. NET funded. Includes 14 transparency masters.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Youth Advisory Council (YAC); Calcium; Iron; Vitamin A; Ascorbic acid; Folic acid
Abstract: A kit for use by YACs (Youth Advisory Councils) to teach other youth about the nutritional needs of teens includes transparency masters, a script which coordinates audiovisuals with the verbal information, a pre/post quiz, a student leader guide and recipes using liver. Major emphases are placed on the importance of calcium, iron, vitamins A, C, and folacin. (js)

93 **NAL Call No: LB1025.I4 F&N**
Nutrition--Peer education project.
Cote, Pat
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1980.
Illinois teacher of home economics v. 23 (3): p. 140-142; Jan/Feb 1980.

Language: English

Descriptors: Nutrition education; Nutrition concepts; Teaching techniques; Peer teaching; Adolescents (12-19 years)
Abstract: A project to aid teenagers in Illinois to become aware of the importance of nutrition was based on providing young people with an understanding, sparking interest in a balanced diet, pro-

viding up-to-date nutrition information, and helping students evaluate nutrition information. Teachers chose 22 Peer Educators, using these criteria: completion of a food and nutrition course, plus a high level of interest or ability; above average academic ability; leadership potential; active membership in FHA/HERO; commitment to serve as a Peer Educator for 2 years and to present at least 3 programs during the first year; attendance at all training sessions; and a teacher sponsor with time and interest to work with the peer educator. When all criteria were carefully met, Peer Educators were extremely successful. Most have concentrated on peer programs, but others developed programs to be used in elementary schools, for preschoolers, and community groups. The project currently plans to have Peer Educators establish local Nutrition Peer Education Teams, to allow greater opportunities for nutrition education among teenagers.

94 NAL Call No: TX341.J6

Nutrition-related characteristics of high school teachers and student performance.

Skinner, Jean D.; Woodburn, Margy J.

Oakland : Society for Nutrition Education; Sept 1983.

Journal of nutrition education v. 15 (3): p. 99-100, 101-104. ill., charts; Sept 1983. Includes 35 references.

Language: English

Descriptors: Nutrition education; Student interests; High school students; Teachers; Teaching skills; Educational influences

Abstract: A study assessed the relationship between 7 pertinent characteristics of health and home economics high school teachers and changes in nutrition knowledge and dietary behavior of their adolescent students following nutrition education teaching. The study involved 62 teachers and 1073 students (65% females) in 43 randomly selected schools. Teachers' knowledge and dietary practices correlated with changes in students' nutrition knowledge. Teachers' teaching confidence and inflexibility correlated with student changes in dietary scores per 1000 kcal of energy. Teachers' characteristics that were significantly associated were: knowledge with flexibility; knowledge certainty value, and interest; value with knowledge certainty and interest; and interest with teaching confidence. (wz)

95 NAL Call No: LB1025.I4

Nuts about nutrition.

Hauck-Fenner, M.

Champaign, Ill. : Home Economics Education, University of Illinois at Urbana-Champaign; 1989 Mar.

Illinois teacher of home economics v. 32 (4): p. 136-137; 1989 Mar.

Language: English

Descriptors: South Dakota; Nutrition education; Secondary education; Curriculum; Peer tutoring; Food habits

Abstract: The South Dakota teacher of the year describes the nutrition unit of her home economics class for junior and senior high students. She lists some learning objectives for each year and discusses her use of peer education.

96 NAL Call No: TX364.P747

A Preventive health program for nutrition education T.E.N.N. implementation plan, grades 7-12.

Memphis, Tenn. : Memphis City Schools, Division of School Food and Nutrition Services; 1985.

7 leaves ; 28 cm. July, 1985. Tennessee educates for nutrition now.

Language: English

Descriptors: Tennessee; Nutrition--Study and teaching (Secondary); Reference works; Nutrition education; Training; Children; Adolescents; Program evaluation; Health education; Health promotion; Public schools

Abstract: A report from the Memphis City Schools Division of Food and Nutrition Services describes a preventive health program which included a sequential nutrition education curriculum in grades 7-12 in Memphis, Tennessee schools during the 1984-85 school year. The program demonstrated the impact that nutrition education on behavior and diet modifications as related to lifestyle changes, health, wellness, and academic achievement. The plan structure covered specific concepts to be incorporated into the existing curriculum for grades 7-9 (wellness, risk appraisal, snack improvement, daily food selection, teen nutrition) and for grades 10-12 (consumer education, food and nutrition concerns, problem-solving, computerized dietary analysis, community nutrition); demographic projections for target audiences; multi-school nutrition education implementation; teacher training and evaluation sessions; program scheduling over the academic year; evaluation of results; and program accomplishments. (wz)

97 NAL Call No: TX341.C64 F&N
Project TEEN.
McPherson, Elizabeth P.; Summer, Sheron K.; Clawson, Barbara N.
Washington, D.C., Community Nutrition Institute; 1983 Jul.
The Community nutritionist v. 2 (4): p. 14-16; 1983 Jul. Includes 5 references.

Language: English

Descriptors: North Carolina; Nutrition education; Community development; Rural communities; Community education; Health; Nutrition; Students; Schools; Adolescents; Food habits; Food preferences
Abstract: Project TEEN is a school based community approach to health and nutrition for adolescents. Student, parents, school administration, teachers, and classified personnel are all involved in this effort. The goal was to prepare students to assume responsibility for their health and nutritional status. The objectives of the program were to create viable middle school nutrition education curricula, create a positive student attitude, and increase the opportunties for teachers to improve their nutrition knowledge. This 3 year developmental project collected baseline data, developed staff activities, a youth advisory council, and planned to increase community health and nutrition services the first year. The 2nd and 3rd year activities included implementation and project expansion, continuation of staff development, and assessment of program activities. Evaluation of the program is discussed, based on nutrition knowledge, physical fitness, nutrition attitudes, food intake and plate waste. The project was successful in demonstrating that changes in nutritional status can be intiated, and that team building contributed to the sucessful nutrition education efforts. (kbc)

98 NAL Call No: TX364.P7672 F&N E-4214
Project TEEN curriculum guide for teachers.
Caswell County Schools (N.C.).
Yanceyville, N.C. Caswell County Schools, Food Service Division; 1981.
29 p. ; 28 cm. NET funded. "Developed to fulfill objective .1 Project Teen.". Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Curriculum guides; Teaching guides; Nutrition education; Adolescents (12-19 years); Competency based education
Abstract: A curriculum guide (for 6th-8th grade) designed to improve the health, physical fitness, and nutritional status of students, incorporates nutrition education into areas of math, science, social studies, and reading. Teachers can select strategies appropriate for individual students and relevant to the "Competency Goals and Performance Indicators" for grades 6-8 (Caswell County, NC). Process skills are included to give students a variety of thinking and learning experiences (e.g., process skill: use of numbers; example; computation of RDA). The competency goals are based on 4 principles which are incorporated into the curriculum developed. Creative and innovative ideas which can be applied in an interdisciplinary setting are provided. (kbc)

99 NAL Call No: TX553.P7T7 F&N E-3273
Protein.
Troutman, Jacquelyn; Schultheiss, Jean
Seattle United Graphics; 1978.
(47) p. : ill. Includes teacher's guide. Includes bibliography.

Language: English

Descriptors: Protein; Curriculum guides; Lesson plans; Adolescents (12-19 years); Food habits; Nutrition education; Labeling; Amino acids; Nutritional labeling
Abstract: Protein is explained and defined and amino acids are described for students on the junior high and high school levels. Protein has attracted much attention recently. The benefits and disadvantages of liquid protein and high protein diets have generated a great deal of controversy. Nutritionists and scientists are attempting to decide if most people get too much or too little protein. Descriptions of protein function in the body and available protein sources are described. Nutrient labels on packaged food are used to put this information in useable perspective.

100 NAL Call No: 389.8 SCH6
Radio spots spread the message.
Connecticut School Food Service Association
Denver, Colo. : American School Food Service Association; 1984 Sep.
School foodservice journal v. 38 (6): p. 110; 1984 Sep.

Language: English

Descriptors: Nutrition education; Radio; Advertising
Abstract: In Connecticut, the state Nutrition Coun-

cil and the state School Food Service Association joined forces to promote National Nutrition Month. A contest for 7th and 8th grade students to develop 30-second nutrition radio spots on an aspect of nutrition was the focus of the program. The winning messages were then taped to air on radio during March. In addition to the radio coverage, which reached an estimated audience of 3,842,400, people there were newspaper articles and promotions within the school system. (emc)

101 NAL Call No: RJ1.A453
Reducing adolescent obesity through a school health program.
Botvin, G.J.; Cantlon, A.; Carter, B.J.; Williams, C.L.
St. Louis, Mo., C.V. Mosby; Dec 1979.
The Journal of pediatrics v. 95 (6): p. 1060-1062. charts; Dec 1979. 9 ref.

Language: English

Descriptors: Adolescents (12-19 years); Obesity; Behavior modification; Weight loss diets; Weight control; School health services; Nutrition education; Exercise (Physiology); Nutrition programs; Skinfold measurements; Food habits; Food selection
Abstract: Behavior modification techniques were used in a weight reduction program involving 119 overweight adolescents in a school setting. A health profile of each student was obtained before and after testing. Students were divided into experimental or control groups. Experimental students participated in ten sessions of behavior modification combined with exercise and nutrition education. Significant differences were observed between experimental and control students with respect to weight changes and body fat: 51% and 11% lost weight, and 73% and 43% had lower skinfold measurements in the experimental and control groups, respectively. These findings demonstrate the effectiveness of combining strategies in a school-based program to bring about weight loss through changes in eating habits, exercise patterns, and food selection.

102 NAL Call No: TX715.R4 F&N E-3242
Regional and American foods.
Missouri, University, Instructional Materials Laboratory.
Columbia, MO. Instructional Materials Lab; 1978.
(150) p. : ill. (World foods). Includes Instructor's guide (HE-35-I) and Student materials (HE-35-S).

Language: English

Descriptors: Nutrition education; Curriculum guides; Marketing; Cookery, American; Food habits; Adolescents (12-19 years); Cultural factors; Food industry; Wild foods
Abstract: American cuisine is a mixture of native and foreign dishes enriched by a bounty of foods. Fresh foods are available nationwide through sophisticated marketing, transportation, and storage techniques and scientific methods of agriculture. There is an abundance of wild foods available in addition to home-produced and commercially available foods. The varied geography of America has developed distinctive regional food habits, recipes, and regional foods. The mobility of the U.S. population has contributed to the country-wide dissemination of regional and ethnic cooking.

103 NAL Call No: TX364.S335 F&N E-4089
Science multidisciplinary nutrition education program, grade 7.
Baltimore County (Md.), Public Schools.
Towson, Md. Baltimore County Public Schools; 1981.
v, 233, p. : ill. ; 28 cm. NET funded. Bibliography: p. 227-228.

Language: English

Descriptors: Instructional materials; Science curriculum; Nutrition education; Integrated curriculum; Food habits; Digestive system; Nutrient functions; Nutrient requirements; Experiments
Abstract: The science module is a part of a coordinated educational program which combines and reinforces common concepts of home economics, physical education, science, and social studies. With the goal of developing an understanding of the relationship of food selection to well being, the curriculum focuses on the structure and function of the digestive system, chemistry of nutrients and the body's use of nutrients. Twenty-three lessons are included, each identifying objectives, materials needed, procedures for experiments, teacher preparation required, enrichment activities, assessment suggestions, student handouts, and worksheets. (js)

104 NAL Call No: TX364.P7677 F&N E-4215
Second annual evaluation report for Project TEEN : ESEA Title IV-C.
Clawson, Barbara
Caswell County Schools (N.C.).
Yanceyville, N.C. Caswell County Schools; 1980.
59, 3, 5 leaves ; 28 cm. NET funded. August, 1980. Bibliography: leaf 43.

Language: English

Descriptors: Reference materials; Nutrition programs; Diet improvement; Nutrition education; Adolescents (12-19 years); Program evaluation; Dietary factors; Curriculum planning
Abstract: An evaluation report for the 1979-80 school year covers the 2nd year of a 3-year project to establish a viable health and nutrition program for middle-school children. The program attempts to prepare young teenagers to assume responsibility for their health and nutritional status. The mean score on the knowledge section of a nutrition assessment inventory test was higher than for 1979, and a greater proportion of the scores were 70% or higher. Significant increases in vegetable and fruit intakes and in physical fitness performances (for both sexes) also occurred. Scores on the California Achievement Test (CAT) improved beyond a pre-established objective level. (wz)

105 **NAL Call No: TX364.T4 F&N B-1279**
Secondary school nutrition education.
Plass, Martha L.; Mapes, Martha C.
Cambridge, Mass. : Abt Books, 1981; 1981.
Teaching nutrition : review of programs and research / edited by Joanne P. Nestor and Joseph A. Glotzer. p. 239-273; 1981. Literature review. 82 ref.

Language: English

Descriptors: Adolescents (12-19 years); Secondary school students; Nutrition education; Educational programs; Program evaluation
Abstract: Secondary school nutrition education is reviewed and evaluated intervention programs are described. The program assessment reveals effective nutrition education approaches and points to areas where further effort is needed in programming and in research. Continuing and increased efforts are needed in 3 major areas: increasing the data bases which verify nutrition needs and status of adolescents; using learning strategies matched to adolescent needs and concerns, and the American lifestyle; instituting evaluation methodologies appropriate to health education both in program resources and in program research. The suggestions are similar to those made at a 1979 workshop on adolescent behavior and health which identified factors critical to the design of effective school-based education programs for adolescents. Adolescents must be treated as individuals within the contexts of their own environments and lifestyles, a fact long known but little implemented in designing effective school-based programs. (wz)

106 **NAL Call No: TX370.M35 F&N E-3942**
Snacking and food choices : a nutrition module for secondary schools.
Mancinelli, Angela; McGuire, Maureen
Connecticut Nutrition Education and Training Program.
Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut; 1981.
1 portfolio with enclosures : ill. ; 30 cm. NET funded. At head of title: Connecticut Nutrition Education and Training Program.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Food habits; Calcium; Iron; Vitamin A; Vitamin C
Abstract: A nutrition education module for secondary school students is designed to increase teenagers awareness of the importance of calcium, iron and vitamins A and C in their daily diet. Eleven 40 minute lessons with optional activities and evaluation instruments may be used in health and home economics classes. Additional materials in the packet include pre/posttests, information and activity handout sheets and the USDA/US DHHS dietary guidelines pamphlet. (js)

107 **NAL Call No: TX661.D8 1974 F&N**
So - you are ready to cook.
Duffie, Mary Ann
Minneapolis Burgess Pub. Co; 1974.
321 p. : ill.

Language: English

Descriptors: Cooking instruction; Junior high school students; Food preparation; Meal planning; Table settings; Table manners; Marketing; Nutrition education
Abstract: Designed for young teenage boys and girls taking a beginning course in foods and nutrition, the accent is on knowing how to plan, prepare, and serve meals that are nutritious, attractive, and economical. Food preparation units are preceded by ones on nutrition, getting ready to cook, basic cookery, table settings and table etiquette, meal planning, and marketing. Tables, charts, and photographs are provided as well as assignments to develop student interest. This revision includes some new units -- the most important one is yeast breads.

108 NAL Call No: TX364.P7675 F&N C-2535
Something's cooking, Project TEEN : a nutrition education program for grades 6-8.
Caswell County Schools (N.C.).
Yanceyville, N.C. Caswell County Schools, Food Service Division (1980?); 1980.
1 folded sheet (6 p.) : ill. ; 22 cm. NET funded.

Language: English

Descriptors: Reference materials; Nutrition education; Health education; Adolescents (12-19 years); Curriculum development; Nutrition programs; Basic nutrition facts
Abstract: A description of "Project Teen" is given to advise students, teachers, and parents of the activities and goals of a school-based community program for preparing teenagers to assume responsibility for their health and nutritional status. The program operates by establishing a viable health and nutrition education curriculum in junior high schools. Project TEEN incorporates: needs assessment, a curriculum plan with multimedia materials and a youth advisory council; inservice training and curriculum materials; and a nutrition and health resources and services guide for teachers and foodservice managers. The program also involves community forums and takehome nutrition materials for parents. (wz)

109 NAL Call No: 389.8 AM34
Soup-to-nuts: A television approach to nutrition education.
Duyff, Roberta Larson; Marcantel, Virginia; Ray, Mary Lou; Register, Ann
Chicago, The Association; Feb 1982.
Journal - American Dietetic Association v. 80 (2): p. 157-159. ill; Feb 1982.

Language: English

Descriptors: Nutrition education; Televised instruction; Telelectures; Teaching techniques
Abstract: An instructional television series on nutrition ("Soup-to-Nuts"), comprised of 10 15-minute lessons, was created for middle/junior high school students. Material covered includes: nutrition in decision making, personal food choices, balanced diet, calorie/energy needs, breakfast, weight management, food information/misinformation, the American diet, shopping sense, and nutient requirement changes with age. A teacher's manual accompanies the television series to extend nutrition education into a range of classroom activities. The lessons are open-ended to facilitate discussion and encourage critical analysis of food behavior. The series can serve as a model for other audiovisual nutrition education efforts. (wz)

110 NAL Call No: 389.8 SCH6
Start students off right with nutrition information.
Schnick, K.
Denver, Colo. : American School Food Service Association; 1987 Mar.
School foodservice journal v. 41 (3): p. 95-96. ill; 1987 Mar.

Language: English

Descriptors: Dietary guidelines; Adolescents; Nutrition education; School food service
Abstract: Along with providing low-cost, nutritious meals, child nutrition programs are now incorporating the United States Dietary Guidelines into menus. This process will help to educate staff, parents, and students about the guidelines and prompt students to choose lower fat and lower sodium foods. The importance of targeting adolescents with nutrition education programs is discussed by pointing out that skipping meals, time constraints, unbalanced food intake and lack of priority are characteristics of adolescent behavior. Ways to market and incorporate the guidelines into school food service are outlined.

111 NAL Call No: RC660.A1D522
Strategies for the registered dietitian teaching nutrition to children with diabetes.
Haig, B.
Chicago, Ill. : American Association of Diabetes Educators; 1988 Nov.
Diabetes educator v. 14 (6): p. 498-500; 1988 Nov. Includes 7 references.

Language: English

Descriptors: Diabetes; Nutrition education; Teaching methods; Cognitive development; Learning theories; Children; Adolescents
Abstract: Ideas and methods for teaching nutrition to children who have diabetes are presented. Intellectual developmental stages and a system of differentiating learning styles are discussed.

112 NAL Call No: 389.8 SCH6
Students give breakfast the BITE.
Ganse, R.D.
Denver, Colo. : American School Food Service Association; 1987 Dec.
School foodservice journal v. 41 (11): p. 46. ill; 1987 Dec.

Language: English

Descriptors: Delaware; School breakfasts; Nutrition education; Special education; School food service
Abstract: A new breakfast program, "Breakfast Is To Eat (BITE)," was developed to teach special education students at W.T. Chipman Junior High School in Delaware the importance of good nutrition. The program introduced a breakfast bar that was planned, publicized, organized, served, and cleaned up with the assistance of special education students. Students were trained in food preparation and service over a two-week period working in the school cafeteria. In addition to improving students' skills and attitudes, the BITE program increased schoolwide breakfast participation and created a new sense of school spirit.

113 NAL Call No: LB1025.I4
Supermarket safari--tracking down good nutrition in the grocery store.
Gubser, D.; Holt, B.A.
Champaign, Ill. : Home Economics Education, University of Illinois at Urbana-Champaign; 1989 Nov.
Illinois teacher of home economics v. 33 (2): p. 64, 67; 1989 Nov.

Language: English

Descriptors: Nutrition education; Nutrition information; Supermarkets; Dietary guidelines; Field trips; Home economics; Secondary education
Abstract: A tour of the neighborhood grocery store can be an effective way to teach the nutritional quality of foods to high school home economics students. This article shows how to use the dietary guidelines and food label requirements to help students learn to make good food choices. The tour is described through six food areas--meats, breads, cereals, oils, dairy products and frozen convenience foods.

114 NAL Call No: TX356.R9 F&N E-3944
Supermarket Super sleuth : a nutrition module for grades 7-12.
Ryan, Louise
Connecticut Nutrition Education and Training Program.
Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut; 1981.
1 portfolio with enclosures : ill. ; 30 cm. NET funded. At head of title: Connecticut Nutrition Education and Training Program.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Consumer education; Nutritional labeling
Abstract: A module, containing six 40-minute lessons, is designed to help students become knowledgeable about: food labels, advertising and sales techniques, nutrients and nutritional claims, unit pricing and serving costs. Lessons contain a variety of learning experiences and evaluation instruments and may be integrated into family life education, health, home economics and social studies classes. Additional contents include a pre/posttest, information and activity sheets, the US DHEW pamphlet, "Understanding Nutrition Labels," and an extensive resource list of printed materials and audiovisual aids. (js)

115 NAL Call No: TX341.N825
Survey in Tayside.
Mitchell, Hazel Y.
London, Forbes Publications; May/June 1980.
Nutrition and food science (64): p. 10-11. ill; May/June 1980.

Language: English

Descriptors: Great Britain; Nutrition education; Adolescents (12-19 years); Curriculum evaluation; Secondary schools; Regional surveys; High school curriculum
Abstract: Although nutrition education is acknowledged as an important part of the secondary school curriculum, the content and frequency of courses show wide variations. 33 secondary schools in Tayside, Scotland, were surveyed in an effort to assess which concepts of nutrition education were provided to students and which departments provided it. Home economics classes, predictably, provided the most nutrition education; other classes generally provided minimal amounts of information, unless a special topic with nutritional overtones was assigned. Health and nutrition economics were emphasized; social considerations of nutrition were given less attention.

116 NAL Call No: TX364.T34 F&N E-3883
Take a nutrition break] : lessons and activities for every curriculum, junior high.
Northern Colorado Educational Board of Cooperative Services, Colorado, Dept. of Education.
Longmont, Colo. Northern Colorado Educational Board of Cooperative Services; 1980.

170 p. : ill. ; 28 cm. NET funded. Includes bibliographical references.

Language: English

Descriptors: Instructional materials; Secondary grades; Nutrition education; Integrated curriculum; Basic nutrition facts; Food safety; Weight control; Prenatal nutrition; Food fads; Nutritional labeling; Fast foods; Food additives
Abstract: Eighteen lessons (2 per month, September-May) are designed to teach children to make wise food choices and may be integrated into a variety of basic junior high school classes. Topics include basic nutrition information, food safety, weight control, prenatal nutrition, food fads, labeling, food additives and fast food. Each lesson provides individual and class activities fulfilling the stated behavioral objectives. Brief background materials for the teacher, student handout/worksheet masters and answer keys are included. (js)

117 **NAL Call No: TX364.S53 F&N C-2157**
Teacher characteristics related to effective nutrition education for adolescents.
Skinner, Jean Dingman
Corvallis Oregon State U.; 1978.
208 l. Bibliography: leaves 150-164.

Language: English

Descriptors: Adolescents (12-19 years); Nutrition education; Teacher education; Nutrition knowledge; Effective teaching; Teaching skills; Individual characteristics; Learning
Abstract: The relationships between selected teacher characteristics and the effective nutrition education of adolescents are assessed in an experimental format. The teacher's nutrition knowledge was significantly correlated to student's learning in both the cognitive and affective domains. A significant correlation was also found between teaching confidence and students' learning in the affective domain. The findings support the desirability of 2 or more nutrition courses in teaching preparation programs. A review of the literature included evaluation of nutrition education needs, nutrition education status, and measurement methods.

118
Teaching nutrition to change food habits.
Griffin, Wilma Pitts
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1977.
Illinois teacher of home economics v. 20 (3): p. 144-146; Jan/Feb 1977. 11 ref.

Language: English

Descriptors: Adolescents (12-19 years); Deficiency diseases and disorders; Food habits; Nutrition education; Obesity; Teaching methods; Vitamin Deficiencies
Abstract: The problems of nutrient deficiency and obesity in high school students are examined. Teenage girls, especially, appear to make the poorest food choices in our society. Calcium, iron, ascorbic acid, and vitamin A deficiencies are common. Topics of discussion include: food habits of teenagers, importance of quality nutrition education, a method for teaching nutrition, assessing daily diet, assessing knowledge of nutrition, assessing food likes and dislikes, activities for learning, and identifying changes in knowledge and food habits.

119 **NAL Call No: LB1025.I4 F&N**
Teaching roles of dietitians/nutrition professionals.
Dow, Ruth McNabb
Urbana : University of Illinois at Urbana-Champaign; 1984 Jan.
Illinois teacher of home economics v. 27 (3): p. 107-110; 1984 Jan. Includes bibliographical references.

Language: English

Descriptors: Nutrition education; Consumer information; Dietitians; Guidelines
Abstract: Dietitians and other nutrition professionals commonly face a variety of non-academic situations in which their nutrition expertise can be useful. Eight examples of non-classroom teaching opportunities are highlighted, with the potential role for the dietitians described. The opportunities include: working with pregnant teens, child care programs, patients on restricted diets, school lunch programs, school health clubs, nursing homes, and parents. These examples point out the challenge and opportunities for dietitians in helping people to understand the relationships between nutrition and health, and for helping people make informed choices regarding food habits. (kbc)

120 **NAL Call No: aHV696.F6F6**
Teaching the people who teach the kids: A look at one state's approach.
Klein, Linda
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.

Food & nutrition v. 9 (6): p. 14-16. ill; Dec 1979.

Language: English

Descriptors: Mississippi; Workshops; Nutrition education; Curriculum guides; Children; Child nutrition programs; Community support; Inservice teacher education; Needs assessment; Nutrition Education and Training Program
Abstract: The Nutrition Education and Training Program (NET) in Mississippi uses a training workshop approach to integrate nutrition education into existing programs. The state Department of Education contracted with the University of Mississippi/Oxford to conduct the workshops. Training modules for teachers of K-3 and 7-12 were developed, as well as a training packet for food service personnel. Teachers for grades 4-6 are to be trained. A needs assessment showed nutrition education for the oldest and youngest students had priority. Curriculum guides define nutrition and nutrients, explain how and why nutritional needs vary, and emphasize proper handling of food. Two modules were developed for grades 7-12--on weight control and basic food patterns. The training packet for food service personnel stresses nutrition and food preparation, and suggests ways managers and teachers can work together to teach nutrition. Workshop participants are expected to provide a minimum of 5 hours of nutrition education in classrooms/cafeterias. Follow-up workshops are planned; revised curriculum guides will be distributed and managers and teachers can share experiences.

121 NAL Call No: TX364.T44
Teen teacher lesson plan all grades.
Connecticut Nutrition Education and Training Program
Storrs, Conn.? : Connecticut Nutrition Education and Training Program, 1979? :; 1979.
1 v. (various pagings) : ill. ; 29 cm. Caption title.

Language: English

Descriptors: Connecticut; Nutrition--Study and teaching (Primary); Teaching materials; Lesson plans; Elementary education; Nutrition education; Calcium; Vitamin A; Ascorbic acid; School lunches; Posters; Student participation; Adolescents
Abstract: Stories, games, cut-outs, posters, and recipe charts all help to convey lesson ideas about school lunches, calcium, and vitamins A and C. Designed so that teens can teach the course, each lesson contains a purpose outline, learning experiences/activities, materials needed, handouts, and suggestions for reinforcement of the lesson. Pre/post tests for the teen teachers are included, along with guidelines to help prepare them for teaching. These teaching materials were developed by the Connecticut Nutrition Education and Training Program.

122 NAL Call No: TX361.P7E42 F&N E-3508
Teenage pregnancy and nutrition : a review.
Elswick, Linda L.
Albany, N.Y. State Education Dept; 1980.
93 p. NET funded. Includes bibliographies.

Descriptors: Pregnant adolescents; Nutrient requirements; Nutrition concepts; Food groups; Extension education; Psychological aspects; Diet improvement; Nutrition Education and Training Program; Menu planning; Instructional materials
Abstract: The nutritional implications of teenage pregnancy are an issue of concern for New York State Nutrition Education and Training Program staff. They have developed an information package describing the psychological, social and medical aspects of teenage pregnancy for school personnel who work with adolescents. Pregnancy increases nutrient needs, and so can be extremely stressful for the young woman who has not yet completed her own physical growth and maturation. Thus, both pregnant teens and their babies are at increased risk of poor pregnancy outcome and complications. These risks can be reduced by early and regular prenatal care and by attention to nutritional guidelines. Teachers are in a good position to provide the pregnant adolescent with emotional support and advice because of their familiarity with teenagers' lifestyle and eating habits. Food groups and daily food requirements are reviewed. Sample meal patterns and menus and food group choices for children are also described.

123 NAL Call No: TX341.J6
Teenagers and food choices: the impact of nutrition education.
Lewis, M.; Brun, J.; Talmage, H.; Rasher, S.
Baltimore, Md. : Williams & Wilkins; 1988.
Journal of nutrition education v. 20 (6): p. 336-340; 1988. Includes 15 references.

Language: English (Summary in Frenchpanish)

Descriptors: Adolescents; Food habits; Motivation; Nutrition education
Abstract: We examined changes in food-choice behavior, nutrition knowledge, and attitudes of junior

and senior high school students in a three-year national study of nutrition education integrated into home economics, health, science, and social studies. Key findings useful in understanding the impact of nutrition education on adolescent food choices were that 1) study participants' nutrition knowledge improved, 2) their attitudes toward nutrition--positive before instruction--became more positive, and 3) their intentions to include more high-nutrient foods in their diet increased significantly. Our results suggest that teacher experience and commitment to nutrition education are important factors in influencing teenagers to change food consumption patterns in positive directions. Variables in the school setting most closely related to positive change included support from within the school system and from external forces encouraging the teaching of nutrition. Also important to policy makers are the findings that nutrition education for adolescents can be effective under a broad range of conditions.

124 NAL Call No: LB1025.I4 F&N
Teens balance: Food & activity for successful weight control.
Barker, Susan
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1980.
Illinois teacher of home economics v. 23 (3): p. 142-143; Jan/Feb 1980. 3 ref.

Language: English

Descriptors: Nutrition education; Obesity; Weight control; Adolescents (12-19 years); Physical activities; Behavior change; Self concept; Self control
Abstract: Teenagers, like their parents, are weight-conscious, but most lack the knowledge to diet successfully. The Select Nutrition Activity Program is designed to meet the special needs of overweight teenagers; needs which are very different from those of overweight adults. Teenagers are taught that weight loss may not be the answer for them, since their bodies are growing rapidly. They may need only to maintain present weight or to decrease the rate of gain. They may also need to increase physical activity; a moderate increase can make a large difference in caloric expenditure. The SNAP program teaches students to balance caloric intake and energy expenditure, to maintain a good self-image, and to use several techniques related to behavior modification to stop "refrigerator raids." They are also taught methods for coping with parties and fast foods, as well as insistent hostesses. Participants in the SNAP program were generally successful in losing weight; many had an improved self-image.

125 NAL Call No: TX361.A8A6
Teens, foods, fitness & sports a manual for school personnel.
Anderson, John J. B.,1934-; Hastedt, Priscilla
North Carolina, Dept. of Public Instruction, Division of Child Nutrition
Raleigh, N.C. : North Carolina Department of Public Instruction, Division of Child Nutrition; 1982.
iv, 226 p. : ill. ; 28 cm. Funded under a grant from the United States Department of Agriculture, Nutrition Education Training Program.... Includes bibliographies and index.

Language: English

Descriptors: Athletes--Nutrition; Nutrition--Study and teaching; Youth--Nutrition; Teaching materials; Curriculum guides; Secondary education; Nutrition education; Adolescents; Fitness; Athletics
Abstract: This curriculum guide provides secondary school educators and cafeteria managers with a framework of nutrition knowledge, teaching strategies and evaluation techniques to increase the knowledge of nutrition among high school students in North Car olina. Coverage includes: nutrition conditioning; nutrient requirements during adolescence; adolescent food habits; energy expenditure in physical activity; assessment of individual food habits and nutrient intake; dietary "must" for athletes; water is ; athletes special nutrition issues; eating and exercising; major nutrients, functions and sources; energy expenditure in various activities; food composition table; nutritive value of fast food items; recommended references, audiovisual aids and resources; and a key to test items. Illustrations and a gloassary are included.

126 NAL Call No: TX364.T42
Tennessee educates for nutrition now nutrition education instructional plan (grades 10-12).
Miller, Sandra W.
Tennessee, Dept. of Education, Tennessee Nutrition Education and Training Program
Nashville, Tenn. : Tennessee State Department of Education; 1984.
viii, 294 p. : ill., folded chart, forms ; 28 cm. (Tennessee educates for nutrition now). Developed as part of the Tennessee Nutrition Education and Training Program. NET funded. Under contractual support provided through the Tennes-

see State Department of Education to the University of Tennessee, Knoxville with funds appropriated from the U.S. Department of Agriculture. Bibliography: p. 263-288.

Language: English

Descriptors: Nutrition--Study and teaching (Secondary); Nutrition education; Instructional materials
Abstract: This publication is intended to aid teachers in the incorporation of nutrition education in the school curriculum for 10th-12th grades. This manual represents level IV of the sequential framework for nutrition education which has been identified for Tennessee children, preschool through grade 12. The goal of these materials is to help students learn the basic principles of nutrition so that they will understand the important relationship between nutrition and health and will increase skill in solving food and nutrition related problems.

127 NAL Call No: 1 EX892EX
They're on the move in Iowa.
Nelson, Diane
Washington, D.C. : The Administration; 1984.
Extension review - United States Department of Agriculture v. 55 (3): p. 22-23. ill; 1984.

Language: English

Descriptors: Iowa; Nutrition education; Fitness; Consumer information; Community education; Diet planning; Curriculum; Nutrition programs; Extension activities; Health protection
Abstract: A health improvement education program in Iowa ("On the Move") combines physical fitness sessions with nutrition mini-lessons, and has been used statewide since 1983. The behavior modification aspects, nutrition myth discussions, and "eating trim" objective of this program are briefly discussed. County extension home economists use a computer program covering information on 18 nutrients and over 820 foods in working with program participants. Other programs for health promotion in Iowa (heart disease prevention, nutrition concerns and controversies, nutrition for teen athletes, and a "total wellness program" also are cited. (wz)

128 NAL Call No: TX364.P7678 F&N E-4216
Third annual evaluation report for Project TEEN : ESEA Title IC-C.
Clawson, Barbara
Caswell County Schools.
Yanceyville, N.C. Caswell County Schools, Food Service Division; 1981.
74, 4, 2 leaves ; 28 cm. NET funded. "October, 1981. Bibliography: leaf 59.

Language: English

Descriptors: Reference materials; Nutrition programs; Diet improvement; Nutrition education; Adolescents (12-19 years); Program evaluation; Dietary factors; Curriculum planning planning
Abstract: An annual evaluation report for the 1980-81 school year covers the 3rd year of a 3-year project to establish a viable health and nutrition program for middle-school children. The program attempts to prepare young teenagers to assume responsibility for their health and nutritional status. In the 3rd year, 46% of the students scored 70% or more on a nutrition assessment inventory (NAI) test, compared to 24% in the 1979-80 school year. Attitudes toward desirable health and nutrition (e.g., for greater food variety), as measured by the attitude section of the NAI, improved notably. Food habits improved over the 3-year project period, with students consuming significantly more fruits and vegetables, and significantly less milk, meats, pastry, sweets, and chips. The project saw a decrease in dental caries, abnormal anthropometric measurements, and abnormal urinary protein and specific gravity. Performance on 6 physical fitness tasks improved from 1979-1981 in both sexes. Improved California Achievement Tests (CAT) scores also were noted. (wz)

129 NAL Call No: TX364.B69 F&N B-3322/23
To your health] : nutrition education curriculum guide, grades K-8.
Brazeau, Betty; Lindsteadt, Virginia
Mendocino County Schools (Calif.).
Ukiah, Calif. Mendocino County Schools; 1980.
2 v. (1046 p.) : ill. ; 30 cm. NET funded. Loose-leaf. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Elementary grades; Grade 7; Grade 8; Nutrition education; Integrated curriculum; Learning activities; Food habits; Consumer education; Food handling; Career education
Abstract: A curriculum guide for kindergarten through 8th grade provides lesson plans which support performance levels outlined in the Minimum Proficiency Levels for Nutrition Education in California Schools and help students develop knowledge and skills to make wise food choices. Lessons plans, grouped by grade level fulfill the 5 required

nutrition topic areas (food choices, factors influencing food choices, food related careers, consumer competencies and food handling) and are designed for maximum integration into curriculum subject areas. Each lesson plan indicates the time required for the activities, provides brief background information and suggests individual and group learning activities which meet the stated behavioral objective. Specific evaluation and enrichment activities also are suggested. Supplementary sections include nutrition-related reading enrichment activities, methods for integrating a gardening experience into curriculum areas, a parent involvement section providing workshop outlines and activities, and a teacher's resource list. (js)

130 **NAL Call No: TX364.T67 F&N B-3332**
Transportable teacher training program in nutrition : pre-school-grade 12.
Ball State University, Dept. of Home Economics.
Muncie, Ind. The Dept; 1980.
471 p. : ill. ; 28 cm. NET funded. Includes bibliographies.

Language: English

Descriptors: Instructional materials; Teacher education; Nutrition education; Independent study; Workshops; Educational methods; Vitamins; Minerals; Food attitudes; Nutritional assessment
Abstract: The manual contains a user's guide and the teacher training program course material. The user's guide provides specific directions for use of the content material for 3 different approaches; a self-instructional program, a workshop leader's guide and a guide for training workshop leaders. The teacher training program content material is divided into 3 major sections. The first section, Attitudes, Problems and Assessment, provides instructional materials and activities to explore 6 areas: food attitudes and behaviors, nutrition problems (obesity, dental caries, iron deficiency anemia), nutritional status assessment, development of social surveys, observation technique and lactation. The second section provides an overview of vitamins and minerals with emphasis on vitamns A and C, calcium, phosphorus and iron. The educational methodologies section describes techniques for integrating nutrition education into classroom and community activities. Appendices provide resource lists, an annotated bibliography, transparency masters, and evaluation forms. (js)

131 **NAL Call No: TX361.Y6D8**
Trim teens, a weight management program for grades 7-12 teachers' guide.
Dunn, Sylvia H.
Baton Rouge, LA : Bureau of Food and Nutrition Services, Louisiana Dept. of Education, [1980?]; 1980.
1 v. (various pagings) : ill. ; 28 cm.

Language: English

Descriptors: Louisiana; Reducing diets; Diet; Youth--Nutrition; Teaching materials; Curriculum guides; Intermediate education; Secondary education; Nutrition education; Weight control; Food groups
Abstract: Developed as a tool for health teachers to aid students in the development of skills necessary for weight management, this unit for middle/high school students incorporates the weight management approaches of moderate diet/exercise. Divided into seven topic areas, each topic area's lesson plan includes an objective, teacher information, student activity, and resources. Fad diets, food groups, energy balance, and exercise programs comprise some of the topics addressed. Teacher/student handouts are included.

132 **NAL Call No: 389.8 AM34**
USDA receives A.D.A. reactions to proposed changes in WIC program.
American Dietetic Association.
Chicago, The Association; May 1979.
Journal - American Dietetic Association v. 74 (5): p. 585-586; May 1979.

Descriptors: WIC program; Nutritional status; Pregnancy and nutrition; Pregnant adolescents; Pregnant women; Nutrition education; Diet counselling; Patient care; Individual differences; Health care; Program evaluation
Abstract: The wording of the requirements for the Special Supplemental Food Program for Women, Infants, and Children should be altered to include pregnant teenagers and women who exhibit dietary deficiencies or who were underweight or obese before pregnancy. State staffing standards ought to reflect the need for a coordinator to monitor local agency activities. State and local agencies could cooperate in implementing nutrition education and training programs. Medical and nutritional assessments should be used to determine whether an individual is at risk. Counselors must be allowed to assess the educational needs of each client, for the client's ability to adhere to advice will partly depend on his ethnic origin and socioeconomic status. Program evaluators should try to discover

why some individuals do not participate.

133 NAL Call No: TX341.J6
Using market research approaches in nutrition education.
Fleming, Phyllis L.; Brown, Judith E.
Berkeley, Society for Nutrition Education; Mar 1981.
Journal of nutrition education v. 13 (1): p. 4-5; Mar 1981. 12 ref.

Descriptors: Market research; Nutrition education; Consumer economics; Information dissemination; Educational methods; Consumer education; Program effectiveness
Abstract: The delivery of nutrition information to the public could be enhanced by using a few ideas from market researchers, such as identifying the audience, its needs and concerns. For teenagers, this would be appearance, fitness, nutrition during pregnancy, etc. Other parameters could be formed for other groups on the bases of preference and behavior, opinions, age, sex, education, or income levels. Thus, the target group helps mold the objectives, strategies and results of a nutrition education program, and can contribute to better knowledge on the part of the public and greater success for nutrition educators.

134 NAL Call No: 389.8 SCH6
Utilizing teens to promote nutrition education.
Wenberg, Mary F.; Touliatos, John; Lindholm, Byron W.
Denver, American School Food Service Association; Nov/Dec 1981.
School foodservice journal v. 35 (10): p. 86; Nov/Dec 1981.

Language: English

Descriptors: Nutrition education; Peer teaching; Student involvement; Youth Advisory Council (YAC); Learning activities
Abstract: Peer teaching was instituited by a Texas school district in a nutrition education program called PEANUT. An existing Youth Advisory Council (YAC) was reorganized to include 7 students from each of 4 high school classes; the main program objective was to encourage good nutritional practices. Some learning activities included a guided school kitchen tour, food tasting and evaluating sessions, student participation in menu planning, and a food preference survey. A popular YAC nutrition melodrama was presented to classes, civic organizations, and on local television. Results obtained from a program evaluation component indicated increased nutrition knowledge and diet improvement after exposure to YAC activities. (cj)

135 NAL Call No: TX553.V5T7 F&N E-3274
Vitamins and minerals.
Troutman, Jacquelyn; Schultheiss, Jean
Seattle United Graphics; 1978.
(58) p. : ill. Includes teacher's guide. Includes bibliography.

Language: English

Descriptors: Curriculum guides; Lesson plans; Adolescents (12-19 years); Nutrition education; Vitamins; Minerals; Food habits
Abstract: Minerals and vitamins are essential to human health. Too little (or, sometimes, too much) of any given mineral or vitamin may cause illness or, possibly, death. Minerals and vitamins are considered micronutrients. Information on these micronutrients should provide junior high and high school students with sufficient information to make intelligent decisions regarding their own diets.

136 NAL Call No: 389.8 AM34
Weight gain and dietary intake of pregnant teenagers.
Loris, Pamela; Dewey, Kathryn G.; Poirier-Brode, Karen
Chicago, Ill. : The Association; 1985 Oct.
Journal of the American Dietetic Association v. 85 (10): p. 1296-1305. ill., charts, , forms; 1985 Oct. Includes 34 references.

Language: English

Descriptors: Weight gain; Nutrient intake; Pregnant adolescents; Food habits; Birth weight; Food consumption; Nutrition education
Abstract: Extract: Pregnancy weight gain, dietary intake, and infant birth weight were all relatively high among a group of 145 teenagers attending a teen obstetric clinic or one of four school programs for pregnant teens compared with teenagers in previous studies. Exposure to nutrition education and an adequate social support system were related to dietary adequacy and a favorable pregnancy outcome. (author)

137 NAL Call No: RJ216.W45 F&N W-133
What shall I feed my baby? a month-by-month guide.
Purdue University
Washington, D.C.? : U.S. Department of Agriculture, Food and Nutrition Service : For sale by the

Supt. of Docs, U.S. G.P.O.; 1981.
50 p. : ill. ; 14 x 22 cm. (Program aid (United States. Dept. of Agriculture) ; no. 1281.). "June 1981"--p. 4 of cover.

Language: English

Descriptors: USA; Infant feeding; Breast feeding; Human milk; Infant foods; Postnatal development; Teaching materials; Study guides; Day care centers; Guidelines; Physical fitness--Nutritional aspects; Nutrition--Study and teaching; Nutrition; Teaching materials; Secondary grades; Adolescents; Obesity; Prevention; Nutrition education; Food habits; Diet planning; Exercise; Fitness; Aerobics
Abstract: Methods, techniques and recommendations for infant feeding in the first 12 months are offered. Breastfeeding information covers advantages, maternal nutritional needs, feeding techniques and tips on making breastfeeding easier. Bottlefeeding guidelines and directions for formula preparation (single or multiple bottles) are included. Charts allow plotting of baby's growth and comparison to standard growth curves. A month by month feeding guide describes amounts, frequency and types of foods to add. Twelve blank calendars with developmental information are provided for notation of baby's progress. Introduction of solid foods, transition to table foods and development of good food habits are described. (aj)

138 **NAL Call No: RG556.5.W5 F&N W-50**
WIC teenage pregnancy outcome project : nutrition education modules.
Montana, Dept. of Health and Environmental Sciences.
Helena, Mont. Montana Dept. of Health and Environmental Sciences; 1980.
48 p. in various pagings ; 28 cm.

Language: English

Descriptors: Instructional materials; Prenatal education; Lesson plans; Pregnant adolescents; Breast feeding; Group dynamics; Iron nutriture
Abstract: Three modules and 3 15-minute mini-lessons are supplied for presentation by a paraprofessional or nutrition educator. Information provided for the group leader includes ideas for establishing rapport, ice breaker activities, and task/maintenance functions. The 40- to 50-minute modules are designed for groups of 3 to 7 women. Each specifies objectives, materials needed, class procedure, activities and evaluation methods. Mini-lessons discuss the importance of iron in the diet, advantages of breastfeeding, and a diet comparison checklist.

139 **NAL Call No: 389.8 SCH6**
YACs + dragons = nutrition education.
Grant, Louise
Denver, American School Food Service Association; Aug 1982.
School foodservice journal v. 36 (7): p. 59. ill; Aug 1982.

Language: English

Descriptors: Pennsylvania; Youth Advisory Council (YAC); Health education; Educational games; Student involvement; Menu planning; Surveys
Abstract: Youth Advisory Council (YAC) members (grades 7-12) in Pennsylvania wrote a fun nutrition-oriented skit and performed it for 4th grade and special education classes. Entitled "The Unhealthy Dragon", the skit capitalized on the school's symbol and mascot. The program was used to reinforce an existing health activity called "I am a Healthy Dragon". Council members wore team uniforms and a dragon suit. The tired and grumpy dragon was taught rules of good health and nutrition by healthy and active students. Other YAC projects include menu planning, slogan contests, student surveys, dining room decoration and ethnic festivals. (rkm)

140
Year of the child: Make it the start of better nutrition for your children.
Peters, Joan
Mona; 1979.
CajanusCaribbean Food and Nutrition Institute v. 12 (3): p. 132-137; 1979.

Language: English

Descriptors: Caribbean; Fever; Diarrhea; Infant nutrition; Child nutrition; Malnutrition; School lunch; Nutrition education; Food groups; Adolescents (12-19 years); Dietary goals
Abstract: Specific ideas for focusing on child health in the Caribbean are treatment and prevention of food-related disorders and maintenance of good health through good nutrition. Children most at risk are those from weaning age to about 3 years, when needs are greatest. School meals are very important, but this does not mean that home nutrition can be ignored. Using locally available foods, a balanced diet is possible.

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AUDIOVISUALS

1 **NAL Call No: TX357.F68 F&N AV**
4 Health reports.
Rawson, Rosemary.& It matters what you eat
Mayer and Associates.
St Paul, Minn. Nutrition Education and Training Program, (Minnesota Dept. of Education); 1980.
134 slides : col. + 1 sound cassette (15 min.) + 1 discussion guide (5 p.). NET funded.

Language: English

Descriptors: Instructional media; Secondary grades; Nutrition education; Weight loss diets; Cardiovascular disorders; Cholesterol; Vegetarianism; Protein complementarity; Diets for athletes
Abstract: A slide/tape presentation with a discussion guide features teenagers in positive, active roles making their own health-nutrition decisions. Faced with an assignment to research current health issues, each teen decides to focus on one of the following topics: weight control techniques, heart disease, vegetarian diets and nutrition for athletes. Diet techniques, discussed with a nutritionist, allow the first reporter to identify characteristics of a good weight loss plan. A student whose grandfather experienced a heart attack discusses the heredity/diet interaction with heart disease. The vegetarian diet report defines complete, incomplete, and complementary proteins and explains eating habits and nutritional needs of vegans and l acto-ovo-vegetarians. The fourth teen, active in competitive athletics, discusses myths related to protein needs, salt replacement, pregame meal planning and special body building foods. The discussion guide provides a preprogram exercise, overview and brief background information for the teacher, and suggested topics for individual research topics. (js)

2 **NAL Call No: Motion picture no.151 F&N**
Balancing act Potato Board ; West Glen Films ; written by Karen Frankel and Ronald M. Deutsch.
Potato Board (U.S.),West Glen Films
New York, N.Y. : West Glen : Potato Board, [198-?]; 1980-1983.
1 film reel (17 min.) : sd., col. ; 16 mm.

Language: English

Descriptors: Diet; Food--Caloric content; audiovisual aids; secondary education; nutrition education; weight control; body image; food preferences; eating patterns; exercise; energy value; energy balance
Abstract: Balancing the kinds of foods eaten to ensure a nutritious diet is an act that many Americans do not know how to perform. This can be seen by the amount of obesity in the population, one of the most serious health problems of our times. Geared primarily for adolescents who often conform to a high fat/high sugar diet while being most concerned about a slender body image, this film briefly reviews how fat is stored in the body. The amont of body fuel taken in by food must be balanced by the amount of fuel expended. To accomplish this, moderate fat intake must be balanced with exercise. Fats occur in foods and the need for more carbohydrates from plant sources is di scussed. A caloric comparison of some typically consumed meals is included.

3 **NAL Call No: RC628.B442 F&N AV**
Be sizewise, don't lose your balance.
American Heart Association of Washington.
Seattle, Wash. American Heart Association of Washington; 1981.
80 slides : col. + 1 sound cassette (8 min.) + 1 teaching guide + 25 pamphlets. Sound accompaniment compatible with manual and automatic operation.

Language: English

Descriptors: Instructional media; Intermediate grades; Weight control; Adolescents (12-19 years); Nutrition education; Student school relationship
Abstract: An audiovisual kit is designed to assist educators in teaching weight control to high school teenagers. The focus is not on dicting, rather the program demonstrates how a person can manage his or her weight intelligently, both currently and in the future. Ideas for balancing the 3 basic elements of weight management (nourishment, activities, and feelings) are presented using real life examples. Behavioral objectives call for students to vocally demonstrate their comprehension of how the 3 weight management elements are related to successful weight control and how their application can be achieved in day-to-day living. A detailed teaching guide is included. (wz)

4 **NAL Call No: Motion picture no.5 F&N**
Before you take that bite (nutrition).
FilmFair Communications
Studio City, Calif. : FilmFair Communications; 1974.
1 film reel (14 min.) : sd., col. ; 16 mm. + study guide. A Dan Bessie film.

Language: English

Descriptors: Food--Juvenile films; Nutrition--

Juvenile films; audiovisual aids; secondary education; nutrition education; nutrition knowledge; food preferences; nutritional adequacy; nutrition labeling

Abstract: This film is designed for students in secondary grades. It points out that more and more problems are being caused by poor nutrition and uses the poor habits of a teenage girl as an example. Consequences of an unbalanced diet such as obesity, skin problems, and tooth decay are illustrated by her school friends. The film also provides information on the relative nutritional values of certain foods, and encourages a balanced diet as a primary step to good physical and emotional health. (ls)

5 **NAL Call No: LB3475.C35 F&N AV**

Cafeteria managers film.

Arlington, VA. Screenscope; 1975.

1 reel, 7 min. : sd., col. ; 16 mm.

Language: ENGLISH

Descriptors: School food service; Elementary schools; Secondary schools; Learning activities; Food preparation; Program planning; Nutrition education; Type A lunch; Learning experience; Cafeterias

Abstract: A school cafeteria provides learning experiences when it is used as a laboratory on nutrition and an extension of the classroom. A successful program coordinates teachers, food service workers, and lunchroom managers with parents and administrators to ensure proper nutrition education. The film suggests topics for nutrition education by grade levels from elementary through senior high school. The film shows discussion groups and classroom activities where the Type A lunch is emphasized. Nutrition is related to other school subjects. Both classroom and school kitchen are used for food preparation activities. The lunchroom's potential is realized by planning coordinated and cooperative nutrition learning activities.

6 **NAL Call No: Graphic no.21 F&N**

Calcium sources why needed?

Nutrition Education Training Program (American Samoa)

American Samoa? : ASNETP, [198-?]; 1980-1986.

1 poster : col. ; 61 x 43 cm.

Language: English

Descriptors: Calcium in the body; Food--Composition; audiovisual aids; intermediate grades; secondary education; calcium; nutrient contents; nutrition education; posters

Abstract: stract: The larger titles of this poster read "Calcium sources" and "Why needed?". It identifies dietary sources of calcium with colorful drawings of various foods. Three functions of calcium, detailed in smaller, but easy to read print, are 1) to build bones and teeth; 2) to help blood clot; and 3) to help nerves, muscles, and the heart to function properly.

7 **NAL Call No: RG559.C4**

Chew for two nutrition education for pregnant teenagers.

Maryland, State Dept. of Education

Baltimore, Md. : Maryland State Dept. of Education, Nutrition and Transportation Services Office, Program Assistance and Monitoring Section, [198-?]; 1985-1989.

90 p. : ill. ; 28 cm. Cover title.

Language: English

Descriptors: Nutrition--Study and teaching; Pregnancy--Nutritional aspects--Study and teaching; Teenage pregnancy; pregnant adolescents; nutrition; teaching materials

Abstract: This nutrition education resource unit is intended to assist teachers, food service personnel, and others who work with pregnant teens in instructing pregnant teenagers about nutrition. This resource unit contains a variety of materials including instructor's guidance, lesson plans, student handouts, and information about films, filmstrips, and computer programs related to the topic of pregnancy.

8 **NAL Call No: QA76.8.A6624E2**

Eat for health.

Cornford, Mary

Flint, Mich. : Genesee Intermediate School District; 1983.

1 computer disk ; 5 1/4 in. + manual. Title from title screen. Project coordinator, Mary Cornford ; consultants, Gloria Bourdon ... [et al.]. Financed by a Ruth Mott Fund Grant and a Michigan Nutrition Education and Training (NET) Grant.

Language: N/A

Descriptors: Nutrition--Computer programs; Diet--Computer programs; Food--Computer programs; Health--Computer programs; computer software; nutrition education; intermediate grades; secondary education; consumer education; diet analysis

Abstract: Students in grades 5-8, and adults can

learn the difference between the nutritional content of their diet and their daily nutrient needs. Five hundred seventy-five foods are analyzed for 16 nutritional components. The nutrients provided by the foods in the student's diet are compared to the RDA. A bar graph illustrates this concept. Students need to code their food selections from the manual before using the program. Suggested food sources for nutrients lacking in the student's diet are given. The manual contains a Pre/Post Test , a resource list, a sample parent letter, a food record worksheet, numerous resource materials and suggested follow-up activities.

9 **NAL Call No: RG559.M3**
Eating for a better start instructor's manual : a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program (EFNEP).
Marecic, Maryfrances; Sullivan, Lisa
University Park, PA : Penn State Nutrition Center, Pennsylvania State University, [1989?]; 1989.
1 v. (unpaged) : ill. ; 28 cm. + 1 flip chart (42 charts : double-sided). Cover title. January 1989. Program adapted from and intended to supplement the EFNEP program "Eating right is basic 2", developed by Michigan State University in cooperation with Extension Services, USDA. Developed with support from the March of Dimes Birth Defects Foundation.

Language: English

Descriptors: Pregnancy--Nutritional aspects--Study and teaching; Breast feeding--Study and teaching; Infants--Nutrition--Study and teaching; nutrition education; teaching materials; pregnant adolescents
Abstract: This instructor's guide provide information on nutrition i ntended for pregnant adolescents participating in the Expanded Food and Nutrition Education Program (EFNEP). Intended to supplement the lessons contained in the "Eating Right is Basic 2" program, these materials may be used with one pregnant adolescent or with a group. Each lesson contains a rationale, lesson-specific objectives, activities, handouts, and an evaluation plan. A flip chart accompanies the lessons.

10 **NAL Call No: TX364.E94 F&N AV**
Experience education nutrition PSA's.
Red Oak Iowa Southwest Iowa Learning Resources; 1980.
1 videocassette (9 min.) : sd., col. ; 3/4 in. NET funded.

Language: English

Descriptors: Instructional media; Multilevel education; Food advertising; Food habits; Nutrition education
Abstract: Eleven 30-second public service announcements highlight separate aspects of good nutrition and health. Eight (PSAs) use nursery rhyme themes. Little Boy Blue blows the whistle on food packaging gimmicks and relies on ingredient labeling; Red Riding Hood, jogging past Big Bad Wolf, suggests he try non-traditional breakfast foods to stay ahead; Miss Muffet convinces the spider that nutritious snacks are enjoyable; Simple Simon finds that the pieman has some unique regional food treats: Texas chili, New England clam chowder, Southe rn grits and corn fritters; and Mary discovers that the lambs follow her to school because of the excellent school lunch program. The Peas Porridge Hot skit dramatizes the importance of food wholesomeness. Jack Be Nimble demonstrates how exercise can be an enjoyable activity and part of good personal health and Little Jack Horner is delighted to find a variety of fruits in his pie. Three other PSA's feature teenagers and highlight the importance of physical fitness, exercise and encourage tasting fruits and vegetables. (js)

11 **NAL Call No: TX353.E96 F&N AV**
Exploding nutrition myths.
Bergwall Productions
Garden City, N.Y. : Bergwall Productions; 1978.
6 filmstrips (ca. 444 fr.) : col. ; 35 mm. + & 6 sound cassettes (ca. 78 min.) + 1 study guide (24 p.). Sound accompaniment compatible for manual and automatic operation.

Language: English

Descriptors: audiovisual aids; nutrition education; protein sources; milk products; source fat; food grains; food additives; home economics; secondary education; food groups; study guides
Abstract: A 6-part color/sound filmstrip series on nutrtion is intended to explore some of the old ideas regarding nutrition and provide clear explanations of nutrition concepts. Natural as well as prepared food products are discussed. The 6 self-contained filmstrips are: 1) The 46=Food foolers; 2) The Protein Picture; 3) the Grain Robbery; 4) The Milky Way; 5) Give produce priority; and 6) striking oil. These filmstrips are designed for either teacher-lead discussion or individual student assignments. A study guide is included which contains questions and answer tests for each filmstrip.

(kbc)

12 NAL Call No: TX360.C6E9 F&N E-4020
Exploring the People's Republic of China : nutrition and ecology.
Minnesota, Dept. of Education, Division of Instruction.
St. Paul, Minn. Division of Instruction, Minnesota Dept. of Education (1979?); 1979.
1 portfolio : ill., maps ; 32 cm. NET funded. Includes bibliographical references.

Language: English

Descriptors: China; Instructional materials; Nutrition education; Ecology; Social studies
Abstract: As a portion of a six-part curriculum package, the packet combines nutrition education with social studies. Selected resources, ideas, information and activities are provided to help students develop an awareness, knowledge and understanding of China's ecology and people. Contents include five teaching units (three for 4th grade, one for 7th-9th grade and one for high school), a resource list and 24 slides illustrating cultural food practices. Units consist of information sheets, maps, project directions, suggested activities and recipes (when appropriate). Some lessons may be adapted for higher grade levels. (js)

13 NAL Call No: LB1025.I4 F&N
Fair teaches nutrition at junior highs in Fargo.
Olson, Leola M.
Urbana : University of Illinois at Urbana-Champaign; 1985 May.
Illinois teacher of home economics v. 28 (5): p. 194-194. ill; 1985 May.

Language: English

Descriptors: teaching methods; school children; nutrition education; nutrients; skills; health promotion; disease prevention; parents; teachers; basic nutrition
Abstract: Seventh and 8th grade students in 7 schools, working in groups of threes, prepared lessons covering basic nutrition topics for a city-wide nutrition science fair. Each group developed a 3-minute lesson with a poster and prepared simple snacks or a food representative of its nutrition topic. Visitors, comprised of several hundred parents, teachers, administrators and friends, heard the lessons, saw the posters, and sampled the food items. Pictures of some of the students and their exhibits are shown. (wz)

14 NAL Call No: LB3479.U53F4
Feeding children better a film-based nutrition workshop.
United States : [study guide]; 1980-1989.
80 leaves ; 28 cm.

Language: English

Descriptors: School children--Food--Study and teaching--United States; National school lunch program--Study and teaching--United States; School breakfast programs--Study and teaching--United States; School lunchrooms, cafeterias, etc--Study and teaching--United States; teaching materials; study guides; secondary education; food service training; school lunches; federal programs; nutrition education; cost control; menu planning; workshops
Abstract: Learning how to plan nutritious meals for children in the School Lunch Program, the objective of this study guide, is potentially achieved through a workshop setting of films, pre/post tests, study exercises/questions/assignments, and other instructional tools. Main topics include: important nutrients, cost categories for school lunches, planning attractive lunches, nutrition learning experiences, and introducing new, unfamiliar foods to children. Review exercises reinforce concepts presented about major nutrients.

15 NAL Call No: TX364.F652 F&N AV
Focus on food, nutrition education for Tennessee's children Tennessee Dept. of Education.
Nashville? Tennessee Dept. of Education; 1981.
80 slides : col. ; 2 x 2 in. + 1 sound cassette (18 min.). NET funded. Sound accompaniment compatible for manual operations only.

Language: English

Descriptors: Tennessee; Instructional media; Secondary grades; Nutrition education; Nutrition
Abstract: Poor nutrition can permanently reduce the total number of brain cells and inhibit optimal development of the growing child. The Nutrition Education and Training (NET) program was established by Congress in 1977 to improve preschool to grade 12 nutrition education. About 50 Tennessee youth advisory councils at junior/senior high schools conducted an assessment and developed recommendaions to improve school nutrition potential. Recommendations included room appearance, nutrition surveys, and assisting students in learning nutritional facts. A variety of student-involved nutritional learning activi ties were described, as well as school lunch and break-

fast food programs. (wz)

16 **NAL Call No: TX364.F639 F&N AV level 4c Food ... your choice, a nutrition learning program, level 4 - science National Dairy Council.**
National Dairy Council.
Rosemont, Ill. National Dairy Council; 1981.
1 kit ; in container 24 x 30 x 12 cm. Includes program overview, teacher materials and guides, student materials, resource materials, transparencies, poster, etc.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Grade 10; Nutrition education; Sciences; Curriculum; Learning activities; Nutrition information
Abstract: A nutrition education program for science classes in grades 7-10 can be used alone or in conjunction with other "Food--Your Choice" subject areas. Packaged in a box, the materials include: a learning system overview; a science program overview; a how-to card (tips for using the program); activity cards; and resource materials. Support materials include student worksheets, data sheets, transparencies, a wall chart and mini-posters. A nutrition source book serves as a basic nutrition information reference. The science program centers on 18 independent activities that can be integrated into existing courses of study. Each activity card provides a detailed teaching plan. (rkm)

17 **NAL Call No: TX364.F639 level 4b F&N AV Food ... your choice, a nutrition learning program, level 4- home economics National Dairy Council.**
Rosemont, Ill. National Dairy Council; 1980.
1 kit. Includes program overview, teacher materials and guides, student materials, resource materials, etc.

Descriptors: Instructional materials; Learning activities; Nutrition concepts; Diet improvement; Home economics; Secondary grades; Nutrition education; Foods instruction; Consumer education
Abstract: An activity oriented program to supplement nutrition curricula in junior high school emphasizes the development of healthy lifestyles through food knowledge, and understanding the body's nutrient needs and utilization. Flexibility is an important part of the program design; integration of other materials and resources is encouraged. Teaching strategies involve questioning and discussion, use of data sheets, lectures, role playing and small group projects. Basic nutrition concepts are built through increasing understanding of balanced diets, menu planning, food labeling, consumerism, and nutrition issues. Some topics which appeal to teens are weight watching, food preparation, snacking, vegetarianism, and taste comparisons.

18 **NAL Call No: TX364.F639 level 4b F&N AV Food ... your choice, a nutrition learning program, level 4- home economics National Dairy Council.**
Rosemont, Ill. National Dairy Council; 1980.
1 kit. Includes program overview, teacher materials and guides, student materials, resource materials, etc.

Descriptors: Instructional materials; Learning activities; Nutrition concepts; Diet improvement; Home economics; Secondary grades; Nutrition education; Foods instruction
Abstract: An activity oriented program to supplement nutrition curricula in junior high school emphasizes the development of healthy lifestyles through food knowledge, and understanding the body's nutrient needs and utilization. Flexibility is an important part of the program design; integration of other materials and resources is encouraged. Teaching strategies involve questioning and discussion, use of data sheets, lectures, role playing and small group projects. Basic nutrition concepts are built through increasing understanding of balanced diets, menu planning, food labeling, consumerism, and nutrition issues. Some topics which appeal to teens are weight watching, food preparation, snacking, vegetarianism, and taste comparisons.

19 **NAL Call No: TX364.F639 F&N AV level 4a Food ... your choice, a nutrition learning system, level 4 - social studies National Dairy Council.**
National Dairy Council.
Rosemont, Ill. National Dairy Council; 1981.
1 kit ; in container 24 x 30 x 12 cm. Includes program overview, teacher materials and guides, student materials, resource materials, transparencies, etc.

Language: English

Descriptors: Instructional materials; Intermediate grades; Grade 9; Grade 10; Nutrition education; Social studies; Curriculum; Learning activities; Nutrition information
Abstract: A nutrition education program for social studies classes in grades 7-10 can be used alone or in conjunction with other "Food--Your Choice" subject areas. Packaged in a box, the materials in-

clude: a learning system overview, a social studies program overview; a how-to card (tips for using the program), activity cards; and resource materials. Support material as student worksheets, data sheets, and transparencies are included in the program. A nutrition source book serves as a basic reference to nutrition information. The program focuses on 18 independent activities that can be integrated into existing courses of study. Activities can be completed in 1 to 4 (40-55 minute) class periods. (rkm)

20 **NAL Call No: TX353.F624 F&N AV**
Food and us. BFA Educational Media.
Santa Monica, CA.: BFA Educational Media; 1976.
4 rolls : col. ; 35 mm. & 4 cassettes (2-track, 45 min.) & guide. Sound accompaniment compatible for manual and automatic operation.

Language: ENGLISH

Descriptors: Body systems; Health education; Adolescents (12-19 years); Nutrition education; Nutrient requirements; Nutrient sources; Nutrient utilization; Food sources; Digestion; World food problem; Food supply; Instructional media
Abstract: Four young people with four different problems demonstrate how important proper nutrition is in being able to have fun, study, feel good and look good. After a nutrition lesson from the science teacher, the youngsters had more understanding of their body's needs, what nutrients satisfy those needs and what foods provide the nutrients. The four students present a project on digestion to the class which characterizes the body as a machine, needing fuel and mainten ance. The project traces how the digestive system converts food to the substances used by the body. Another project explores the sources of food and the evolution of the food business. The final project addresses the problem of the world food supply, the gap between supply and demand, and the growing population.

21 **NAL Call No: TX364.K36**
Food for the health of it teachers' guide.
Kapitan, Anne Marie; Brown, Nancy; Fay, Janine; Wintle, Carol
Andover, Mass. : The Network; 1984.
iv, 222 p. : ill. ; 28 cm. Guide to the nutrition program of the same title, designed for use in grades 10 and 11, by Carol Wintle. Bibliography: p. 199-222.

Language: English

Descriptors: Nutrition--Study and teaching (Secondary); teaching materials; study guides; secondary education; nutrition education; nutrient sources; proteins; carbohydrates; fast foods; fiber; sugar; fats; health education
Abstract: The relationship of health to diet, determination of food quality and its relationship to the food industry, and methods for analyzing individual diets are teaching objectives of this teacher's guide. The text is rich with nutrition information: vitamin/mineral sources, fiber/fat benefits/risks, the sugar story, food additives, and protein/carbohydrate information. Additionally, fast foods conte nts, diet aids, caffeine, and sports nutrition are some of the other topics discussed. Geared for the high school student, all information is reinforced by diagrams, charts, graphs, tables, calorie-counters, and student activities. To further assist the teacher, an extensive resource section on books and films as well as references is included.

22 **NAL Call No: TX355.F672 F&N AV**
Food for thought : featuring Fat Albert and the Cosby Kids.
Cosby, William H.& Fat Albert and the Cosby Kids, Food for thought
Filmation Studios.
Pasadena Calif.? Filmation Associates?; 1981.
1 film reel (19 min., 38 sec.) : sd., col. ; 16 mm. + teacher's film guide. NET funded. Can be used with set of 4 posters (TX355.F673 F&N AV IV (09-11).

Language: English

Descriptors: Instructional media; Elementary grades; Grade 7; Grade 8; Nutrition education; Basic nutrition facts; Nutrients; Basic Four; Food habits; Nutrient sources; Nutrient functions
Abstract: An instructional package is centered on the film featuring cartoon characters, Fat Albert and his friends, the Cosby kids. Bill Cosby introduces and concludes the film, reinforcing the main ideas, and encouraging viewers to "think before you eat." The animated portion of the film follows Fat Albert and his friends through several days of activities. Through a TV program and classroom instruction the Cosby kids learn the relationship between nutrient intake, energy and vigor and the importance of having a balanced variety of foods in the diet. The resource guide provides: a teacher's film guide listing general objectives of the film and accompanying materials, a film summary, teacher preparation activities and learning activities for individuals or class groups. (js)

23 **NAL Call No: TX360.U7T24 F&N AV**
Food in Tennessee's prehistory and history University of Tennessee, Department of Anthropology.
Manzano, Bruce; Terry, Rhonda Dale.& Food and the prehistoric Indians of Tennessee; The History of food in Tennessee
University of Tennessee, Knoxville, Dept. of Anthropology.
Knoxville, Tenn. The Dept; 1981.
160 slides : col. + 2 sound cassettes (45 min.). NET funded.

Language: English

Descriptors: Tennessee; Instructional materials; Grade 7; Grade 8; Nutrition education; Integrated curriculum; Food history
Abstract: Two slide-tape modules and five lesson plans integrate food and nutrition information with instruction in Tennessee's prehistory and history. The slide-tape presentations identify food selection, gathering and preparation methods used by Indians of the Tennessee area and foods introduced by Spanish, European, and African settlers. Lesson plans (including transparencies and student exercises) average 15 minutes in length and may be used independently. Topics include: a) foodways-the process from contemporary selection and production to disposal of wastes; b) reasons for and methods of cooking foods; c) role of the country store in the 1800's and early 1900's; d) regulation of the food supply and food labeling; and e) restaurant industry information. (js)

24 **NAL Call No: Videocassette no.343**
Glorious fruit a fresh look at fruit preparation.
Business Television, Inc, United Fresh Fruit and Vegetable Association
Washington, D.C. : BTV; 1987.
1 videocassette (11 min.) : sd., col. ; 1/2 in. + 1 guide. VHS format.

Language: English

Descriptors: Fruit; Cookery (Fruit); audiovisual aids; teaching materials; secondary education; fruits; nutrition education; food preparation
Abstract: The United Fresh Fruit and Vegetable Association developed this nutrition education videocassette program to increase consumer awareness of the attributes of fresh fruits. Objectives for participants are to: analyze their current fruit intake habits; identify 3 benefits of eating fresh fruits; choose and store at least 5 fresh fruits to maintain optimal quality; list 5 methods to prepare fresh f ruits, create a recipe using fresh fruit; describe one fruit that is new to them; and demonstrate 3 ways to decorate with fruit. The education kit includes a videocassette and a folder containing activities to be conducted during 4 sessions, and 6 worksheets that can be reproduced. The educator's guide describes the preliminary assignments and each session in terms of materials needed, discussion and activities that relate to the topics, and additional activities. The videotape discusses the nutritional advantages of eating fresh fruits, various preparation ideas (garnishing, salads, sauces, soups, baking, etc.) and tips for storage to maximize the quality of fresh fruits.

25 **NAL Call No: TX364.G77 F&N E-4035**
Ground to grits : scientific concepts in nutrition/agriculture.
Cain, Peggy W.; Bozardt, Anita
South Carolina, State Dept. of Education.
Columbia, S.C. State Dept. of Education; 1982.
228 p. : ill. ; 28 cm. NET funded. Cover title: Ground to grits: nutrition/agriculture curriculum guide.

Language: English

Descriptors: Instructional materials; Grade 11; Grade 12; Nutrition education; Agricultural education; Science curriculum; Nutrient requirements; Nutrient sources; Learning activities
Abstract: The activity oriented science program is designed to help high school students understand concepts concerning the relationship between science, agriculture and nutritional needs. Essential elements are traced from the soil to plants and animals to their function in the human body. Six units, each related to nutritional needs of the body, are divided into activity based lesson plans listing concepts to be taught in behavioral terms. Each lesson plan provides an overview of the activity, lists the materials needed for a class of 25-30 and provides step-by-step directions for the activities, data t ables for recording results, conclusions and suggested supplementary activities. (js)

26 **NAL Call No: Graphic no.110 F&N 1987**
Guide to good eating a recommended daily pattern.
National Dairy Council
Rosemont, IL : National Dairy Council; 1987.
2 wall charts : col. ; 16 x 28 cm. Title on 2nd poster: Guia para comer bien : un modelo diario recomendado. Double sides.

Language: English

Descriptors: Nutrition--Requirements--Study and teaching (Secondary); Food--Study and teaching (Secondary); Nutrition--Study and teaching (Secondary); teaching materials; posters; secondary education; nutrition education; food groups; nutrient sources; proteins; carbohydrates; thiamin; niacin; ascorbic acid; vitamin a; riboflavin; calcium; iron

Abstract: Colorfully shown, the food groups are represented in commonly eaten foods on this wall-sized poster. On the reverse side, major nutrients for health are listed in a recommended daily eating pattern from the food groups. Protein, carbohydrates, calcium, iron, and vitamins A, C, B1, B2 and niacin are listed in terms of their food sources and major functions.

27 **NAL Call No: LB1025.I4 F&N**
Helping teens teach nutrition.
Rayburn, Rozanna; Collins, Nina
Urbana : University of Illinois at Urbana-Champaign; 1984 Jan.
Illinois teacher of home economics v. 27 (3): p. 105-106, ill; 1984 Jan. Includes bibliographical references.

Language: English

Descriptors: learning; nutrition education; students; child careproviders; curriculum; teaching; secondary education

Abstract: A program to increase teenagers' interest in developing good food habits was based on having the teens teach nutrition to younger children. To prepare for the teaching assignments, students reviewed a computer program on weight control and food intake and compared it to their requirements; observed television commercials on foods and beverages; and previewed and evaluated nutrition materials. The nutritional presentations are described, and included a nutritional twister game, a puppet show, and a tasting party. Evaluations indi cated the experiences were positive, except for a handicapped presentation which was revised to a simpler format then presented again. Follow-up indicated the student's awareness of nutrition increased even though food habits didn't necessarily change. (kbc)

28 **NAL Call No: TX553.S6H64 F&N AV**
Hold the salt.
Health Skills Inc.
Silver Spring, Md. Health Skills, Inc; 1982.
1 game board (56 x 56 cm. folded to 56 x 28 cm.), 101 game cards, 6 playing pieces, 15 1 1/2" rubber bands, tally pad, 1 die and 5 booklets ; in box 30 x 58 x 5 cm.

Language: English

Descriptors: Instructional media; Intermediate grades; Educational games; Sodium; Salt; Salted foods; Nutrient intake; Nutrition education

Abstract: A school-based, community-oriented nutrition board game teaches 6th-7th grade school children how to reduce and control sodium (salt) consumption. The game may be played by 2-6 players. Four classroom and 2 cafeteria sessions with specific behavioral objectives and suggested activities concerning salt, sodium, and cardiovascular health are included. The board game identifies high and low sodium foods, teaches simple strategies for reducing sodium intake, and provides practice for tracing daily intake to stay within recommended dietary guidelines (1.1-3.3 g sodium for healthy adolescents and adul ts). A guide for developing parent outreach and community education components for controlling sodium intake also is provided. (wz)

29 **NAL Call No: Motion picture no.197 F&N**
The human body nutrition and metabolism.
Coronet Instructional Films
Chicago, Ill. : Coronet Instructional Films; 1962.
1 film reel (14 min.) : sd., col. ; 16 mm. + teacher's guide. Company's name on container: Coronet Film & Video.

Language: English

Descriptors: Metabolism; Nutrition; audiovisual aids; intermediate education; secondary education; post secondary education; nutrition education; metabolism; nutrition physiology; energy requirements; nutrient balance

Abstract: Designed for biology/health classes, this film graphically presents the important relationship between nutrition and metabolismthrough extensive use of animation, demonstrations, and photomicography. Basal metabolism and the calorie, caloric requirements of adults, energy-producing nutrients, essential chemicals (i.e. vitamins, minerals and amino acids) adults, energy-producing nutrients, essential chemicals in nutrients, and the importance of a balanced diet comprise the major topics addressed. The need for matching the energy expended in body activity, and the need for a variety of foods in the diet to supply all the essential chemicals is stressed. A teacher's guide is included.

30 **NAL Call No: TX364.I548 F&N AV**
Integrated nutrition activities Ohio Department of Education, Nutrition Education and Training Program.
Ohio, Dept. of Education, Nutrition Education Section, Franklin County (Ohio), Dept. of Education.
Columbus, Ohio The Dept; 1982.
ca. 1200 activity cards : col. ; 22 x 14 cm. in 4 boxes, 18 x 24 x 14 cm. each + 1 teacher's guide.
"Developed by the Franklin County Department of Education under the auspices of the Ohio Department of Education, Nutrition Education Section. NET funded.

Language: English

Descriptors: Instructional materials; Elementary grades; Grade 7; Grade 8; Nutrition education; Integrated curriculum; Basic nutrition facts; Nutrient sources; Food processing; Nutrient functions
Abstract: A series of activity cards designed to teach nutrition concepts and basic skills in 5 major subject areas (language arts, science, math, health, and social studies) is divided into 4 grade clusters, each spanning two grade levels: K-2, 3-4, 5-6 and 7-8. Cards are color-coded and list the basic skill to be attained, a nutrition objective and one or more activity ideas which fulfill the objective. Activity suggestions include films, books, discussions, games, and individual and group activities. (js)

31 **NAL Call No: Filmstrip no.71 F&N**
Introduction to nutrition.
Educational Enrichment Materials, inc
New York : Educational Enrichment Materials : [Distributed by] Random House, Inc; 1982.
6 filmstrips (430 fr.) : col. ; 35 mm. + 6 sound cassettes (63 min., 15 sec.) + 1 teacher's guide.
Produced by the Westport Communications Group, Inc. for Educational Enrichment Materials. Sound accompaniment compatible for manual and automatic operation.

Language: English

Descriptors: Nutrition; Food habits; audiovisual aids; secondary education; nutrition education; nutrients; food additives; food fads; food policy
Abstract: An overview of nutrition, discussing general concepts of hunger, appetite, calories and nutrients; the need for and role of proteins, carbohydrates, and fats in the diet; the functions of vitamins and minerals in both good and bad dietary situations; the role of additives in food with a lesson in label reading; plus the nature of food processing with a comparison of fast and convenience foods is offered to the viewer in a clear, simplified manner. Other topics of diet fads and fancies including: vegetarianism; low calorie; diet clubs; weight problems; problems and concerns of malnutrition; the Food Stamp program; United Nations efforts in food delivery; and, other societal/food relationships are reviewed in a six-part audio filmstrip set. A teacher's guide containing a synopsis, discussion questions, and activities corresponding to each session is included. (jdb)

32 **NAL Call No: Slide no.204 F&N**
The lean life food series Eve Lowry.
Lowry, Eve J.
Shingle Springs, CA : A.V.s by R.D.s; 1984.
76 slides : col. + 1 sound cassette (22 min.) + 1 script + 1 set of recipes. Sound accompaniment compatible for manual and automatic operation.
Recipes from Eve Lowry's Lean life cuisine, 1981.
Date on audiocassette is 1985.

Language: English

Descriptors: Food--Fat content; Food--Composition; Low-fat diet; audiovisual aids; secondary education; nutrition education; weight control; menu planning; low calorie foods
Abstract: With diet conscious Americans used to consuming an average of 42% of calories from fat, food can become a preoccupation, as one attempts to figure out what foods to eat. To assist in this endeavor, this kit compares typical breakfast/lunch/dinner menus to lower fat versions of the same meals. Highlighted foods include milk, mayo nnaise, chicken, steak, spaghetti sauce, salad dressings, tuna, and buttered toast/potatoes. Both the video and the cassette/slide presentations address the same menu comparisons. Additionally, a slide script and low-fat recipes accompany the kit.

33 **NAL Call No: Videocassette no.135 F&N**
The lean life food series written and produced by Eve Lowry.
Lowry, Eve J.
Shingle Springs, CA : A.V's by R.D.'s; 1985.
1 videocassette (VHS) (25 min.) : sd., col. ; 1/2 in. + 1 script + 1 set of recipes.

Language: English

Descriptors: Food--Fat content; Food--Composition; Low-fat diet; audiovisual aids; secondary education; nutrition education; weight control; menu planning; low calorie foods

Abstract: With diet conscious Americans used to consuming an average of 42% of calories from fat, food can become a preoccupation as one attempts to figure out what foods to eat. To assist in this endeavor, this kit compares typical breakfast/lunch/dinner menus to lower fat versions of the same meals. Highlighted foods include milk, mayonnaise, chicken, steak, spaghetti sauce, salad dressings, tuna, and buttered toast/potatoes. Both the video and the cassette/slide presentations address the same menu comparisons. Additionally, a slide script and low-fat recipes accompany the kit.

34

Let's play nutrition.
Summers, Jan
Urbana, University of Illinois at Urbana-Champaign; Jan/Feb 1977.
Illinois teacher of home economics v. 20 (3): p. 106-109; Jan/Feb 1977.

Language: ENGLISH

Descriptors: Teaching techniques; Classroom games; Nutrition education; Teaching methods; Educational games; Nutrient functions; Dramatic play; Deaf education; Adolescents (12-19 years)
Abstract: "Let's Play Nutrition" is a game designed for 14-16 year old deaf students with language and reading problems. Each student represents a nutrient and has a position to play on a baseball team. The purpose is to teach students that all of the nutrients are needed simultaneously by the body and are available in a variety of foods. Teaching techniques, a picture of the classroom set up for the game, and the dramatization "Let's Play Nutrition" are presented.

35 **NAL Call No: aHV696.F6F6**
Let's work on school lunch and breakfast.
Kocsis, Christopher
Washington, USDA, Food and Nutrition Service; Dec 1980.
Food & nutrition v. 10 (6): p. 2-3; Dec 1980.

Descriptors: Student participation; Nutrition education; Nutrition programs; School breakfast programs; School lunch programs; Learning activities; Educational resources; Parent participation; Student involvement
Abstract: All over the nation changes are being made to improve school lunch and breakfast programs. Many nutrition activities enlisting the support of parents, teachers, students and entire communities have increased children's nutrition awareness. Nutrition programs popularized by parent and student involvement include food days and food fairs, nutrition newsletters, weekly menu sheets, plays with nutrition themes, teen teaching, Youth Advisory Councils sponsored by the American School Food Service Association, PTA food and nutrition projects, school food service tours, nutrition surveys, and poster, advertising and recipe contests. Children may participate in meal preparation or growing food in class gardens. Parents are urged to bring children to school early to take advantage of school breakfasts. Parents are invited to lunch and breakfast to increase child participation. Schoolchildren are initiating plate waste studies and cafeterias are being used as learning laboratories. These and other nutrition education programs are encouraging parents and students to become nutrition activists.

36 **NAL Call No: TX364.S638 no. 3 F&N AV**
A Little bit of everything Georgia Educational Television Network.
Lyon, Greg
Southern Educational Communications Association, Nutrition Education Consortium, Agency for Instructional Television, Georgia Educational Television Network.
Columbia, S.C. Southern Educational Communication Association Nutrition Education Consortium; 1980.
1 videocassette (14 min., 35 sec.) : sd., col. ; 3/4 in. (Soup to nuts no. 3). Funded by SECA Nutrition Education Consortium and Agency for Instructional Television. CREDITS: Producer, director, Greg Lyon.

Language: English

Descriptors: Instructional media; Secondary grades; Nutrition education; Basic Four; Nutrition concepts
Abstract: The focus of the third film in the series is on balancing meals using the Basic Four food groups as a guide. Teenagers are featured in skits which: create an analogy between the balance of sound in a band and the balance of nutrients in a diet; put a new twist on the story of Hansel and Gretel; and challenge the viewers to solve the mystery of the neglected nutrients. (js)

37 **NAL Call No: Motion picture no.118 F&N**
The Loons.
New York, N.Y.? : SC Communications; 1983.
1 film reel (20 min.) : sd., col. ; 16 mm.

Language: English

Descriptors: Food habits; Nutrition--Psychological aspects; Youth--Health and hyg iene; audiovisual aids; secondary education; nutrition education; health education; behavior change; health promotion; junk food; nutrition information; nutrition knowledge
Abstract: This film presents an amusing sitcom designed for high school students to increase thier level of nutrition awareness. According to the film, a group of high school junk food junkies become successful once they change their eating behavior and become health conscious. They form a band called "The Loons" and become rich and famous.

38 **NAL Call No: Filmstrip no.186 F&N**
The New nutrition what it means to teenagers.
Pleasantville Media (Firm)
Pleasantville, N.Y. : Pleasantville Media; 1986.
3 filmstrips (321 fr.) : col. ; 35 mm. + 3 sound cassettes (41 min. : 1 7/8 ips., mono.) + 1 teacher's guide.

Language: English

Descriptors: Nutrition--Study and teaching; Adolescence--Nutrition; audiovisual aids; secondary education; nutrition education; eating patterns; macronutrients; weight control; fad diets; aerobics; preventive nutrition; life style
Abstract: To help students gain clear and current advice about lifestyle, illness prevention, and diet, this filmstrip/cassette series depicts four teenagers in health-related situations that many can identify with. Eating on the run, dieting to look like a model, body building, and fad dieting for the truly overweight are topics presented in Part One that set the stage for a variety of health-related issues. Cancer, heart disease and osteoporosis are discussed in terms o f how the new diet information may help reduce their risks. Protein, carbohydrates and fats are reviewed in terms of recommended intake and best food sources in Part Two. The final program is geared to help students understand body image/weight and weight control. Aerobic exercise, offered as the key to successful weight control, along with good nutrition, is explained with guidelines to help students develop a personal program. A Teacher's Guide with a program summary, script and suggested activities is included.

39 **NAL Call No: Motion picture no.159 F&N**
Nibble away at nutrition myths produced for the Potato Chip/Snack Food Association by Mobile Media, Inc. ; in association with Creative Video Consultants.
Potato Chip/Snack Food Association
Denver, Colo. : Potato Board, [198-?]; 1980-1987.
1 film reel (15 min.) : sd., col. ; 16 mm.

Language: English

Descriptors: Potato chips; Food habits--United States; audiovisual aids; nutrition education; secondary education; food and nutrition controversies; snacks; junk foods; maize; nutrient contents; potato chips
Abstract: Nutrition myths surround several foods in the American diet, particularly snack foods such as potato chips and corn chips. It is the purpose of this film to dispel the "junk food" image surrounding these products by discussing these positive features: product naturalness, vitamin content, and moderate oil/salt consumption when moderately eaten. Processing methods are included, as well as interviews with recognized nutrition educators addressing some of these myths.

40 **NAL Call No: Filmstrip no.66 F&N**
Nutrition and exercise.
Sunburst Communications (Firm)
Pleasantville, N.Y. : Sunburst Communications, p1980; 1980.
2 filmstrips (150 fr.) : col. ; 35 mm. + 2 sound cassettes (24 min., 30 sec.) + 1 teacher's guide. Sound accompaniment compatible for manual and automatic operation.

Language: English

Descriptors: Nutrition; Athletes--Nutrition; Exercise; audiovisual aids; secondary education; nutrition education; exercise; food groups; health; fitness; food preferences
Abstract: This two-part full-color filmstrip set is designed to teach the importance of proper nutrition and exercise to secondary grade st udents. Specifically, this program is designed to motivate students to examine their own diet and exercise habits to determine whether their intake of nutrients and calories is adequate. The students are encouraged to effect necessary changes in behavior where needed. The two topics covered are: Nutritional Myths and facts, and Sports Nutrition. The program comes with a leader's guide. (ls)

41 **NAL Call No: TX364.N886 1984**
Nutrition directions lesson plans for WIC nutrition education sessions.
Illinois, Division of Health Promotion and Screening, Nutrition Services Section

Springfield, Ill. : Nutrition Services Section, Division of Health Promotion and Screening, Illinois Department of Public Health; 1984.
1 v. (various pagings) : ill. ; 28 cm. September 1984.

Language: English

Descriptors: Nutrition--Study and teaching; reference works; nutrition education; lesson plans; supplemental feeding programs; pregnant women; children
Abstract: A series of lesson plans for WIC group nutrition education sessions is presented in this manual from the Illinois Department of Public Health. Lesson plans emphasize participant involvement and activity-oriented learning. General lesson plans cover the following topics: food shopping; food preparation and cooking; food groups; anemia; nutrition labeling; and moderating intakes of fat, salt, and sugar. Additional lesson plans are targeted toward 1) the pregnant teenager, 2) pregnant and breastfeeding women, and 3) parents of infa nts and children. Lesson plan components include goals, methods, materials needed, evaluation criteria, and a section for recording relevant comments. Guidelines are provided for coordinating group sessions with food instrument distribution to maximize attendance and staff time.

42 **NAL Call No: TX364.N796 F&N E-3946**
Nutrition education teaching guide for middle school science teachers, or the Absolutely last word in nutrition education handbook.
St. Mary's County (Md.), Public Schools.
Leonardtown, Md. St. Mary's County Public Schools; 1982.
121 p. in various pagings : ill. ; 28 cm. NET funded.

Language: English

Descriptors: Instructional materials; Grade 6; Grade 7; Teaching guides; Nutrition education; Science curriculum; Class activities; Classroom games
Abstract: Developed by teachers, food service personnel and the NET facilitator, the teaching guide outlines activities designed to meet Project Basic and health education nutrition objectives for 6th and 7th grade science. The first of 6 sections contains suggested activities (films, worksheets, games, projects) fulfilling each of the 8 objectives listed. The remaining sections are supplemental appendices providing background information, annotated lists of resources and student handouts, worksheets and lessons to be used in conjunction with activities in the guide. (js)

43 **NAL Call No: TX355.N8323 F&N AV**
Nutrition for young people, vitamins and minerals.
Guidance Associates.
New York Guidance Associates; 1978.
1 filmstrip (93 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 sound disc (18 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. Sound accompaniment compatible with manual and automatic operation.

Language: English

Descriptors: Instructional media; Grade 5; Grade 6; Grade 7; Grade 8; Nutrition education; Nutrient intake; Vitamins; Minerals; Dietary factors
Abstract: An audiovisual program is presentd for 5th-8th grade school children providing a description of 8 vitamins and minerals, and their role in promoting good nutrition and health. The material describes how vitamins and minerals are used in the body, and the best food sources for each. The importance of a varied diet is emphasized, and moderation is recommended in the use of vitamin and mineral supp lements. This program should assist school children in identifying foods that are rich in essential vitamins and minerals, and in realizing that vitamin and mineral supplements are not a substitute for a balanced diet. (wz)

44 **NAL Call No: TX355.N8325 F&N AV**
Nutrition for young people, what is food.
Guidance Associates.
New York Guidance Associates; 1976.
1 filmstrip (74 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.) + 1 sound disc (11 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. Sound accompaniment compatible with manual and automatic operation.

Language: English

Descriptors: Instructional media; Grade 5; Grade 6; Grade 7; Grade 8; Nutrition education; Nutrition concepts; Food sources; Food composition; Dietary factors
Abstract: An audiovisual program is presented for 5th-8th grade children to provide a basic understanding of the interdependence of all life forms, showing the relationship between the food people eat and the forms of life from which it comes. The program illustrates how people, animals, and plants are made up of the same basic chemicals

(known as the essential nutrients): water, proteins, fats, carbohydr ates, vitamins, and minerals. The concepts of photosynthesis, food chains, and food webs also are explained. (wz)

45 NAL Call No: QA76.8.A66225N8
Nutrition pursuit The Learning Seed.
Whitehurst, Mark
Learning Seed Company (Kildeer, Ill.)
Kildeer, Ill. : The Learning Seed; 1984.
2 computer disks ; 5 1/4 in. + 1 guide. Game. Title from title screen. Copy protected. Programmed by Mark Whitehurst. "Includes graphic routines from Penguin Software's Graphic Magician"--Guide cover.

Language: N/A

Descriptors: Nutrition--Computer-assisted instruction; Computer games; computer software; nutrition education; secondary education; games
Abstract: Anyone 12 or more years of age is invited to test his/her nutrition knowledge against the computer or up to three other players. When competing against the computer, a player can select the computer's level of expertise. Correctly answered questions move a player's token across the board in a simulated race to the finish line. Questions are randomly drawn from such areas as foods, eating habits, cooking and fitness.

46 NAL Call No: LB3401.J6
Nutrition review: a participation game.
Proby, M.E.; Furney, S.R.
Kent, Ohio : American School Health Association; 1987 Jan.
Journal of school health v. 57 (1): p. 33-34. ill; 1987 Jan.

Language: English

Descriptors: nutrition education; teaching methods; school children; games
Abstract: An instructional game is described for teaching nutrition to elementary and junior high school classes that encourages participation from the entire class. The game is based on the class being divided into 2 teams. A player on a team attempts to answer a nutrition question from a selected game card; if the student cannot answer the question, a member of the other team attempts the same question. This is continued until one team wins. Bonus points can be added to test grades for members of the winning team. A listing of 35 questi ons and answers are included.

47 NAL Call No: TX364.N8661 F&N AV
Nutrition super stars developed by Department of Nutrition & Food Science, University of Arizona.
Houtkooper, Linda
University of Arizona, Dept. of Nutrition and Food Science.
Phoenix, Ariz. Arizona Dept. of Education; 1982.
xxxii, 1 p., 43 leaves of plates : ill. ; 30 cm. + Adipometer skinfold caliper (16 x 10 cm.) + 1 folded poster (71 x 56 cm., folded to 28 x 18 cm.) in pocket. Project director and co-principal investigator: Linda Houtkooper. A companion piece and sequel to the 5th-6th grade Nutrition super stars curriculum. Field tested through a NET grant. Bibliography: p. 109-112.

Language: English

Descriptors: Instructional materials; Intermediate grades; Nutrition education; Physical fitness; Food safety; Ecology
Abstract: The 7th-8th grade Nutrition Superstars curriculum is a sequel to the 5th-6th grade kit. Although both curriculum kits cover the same general lesson topics, the emphasis and activities are different. There are 5 lesson topics which are covered in 10 class plans. Photocopy masters of 43 student worksheet handouts are included. Lessons may be taught as a part of health, science, physical education, and home economics curriculum areas and provide learning experiences in food, nutrition, physical fitness and ecology. (js)

48 NAL Call No: QA76.8.A6624N83
Nutrition the game format study aid.
Orange Juice Software Systems (Firm)
New Richmond, Wis. : OJSS ; Staten Island, N.Y. : [Distributed by] Exar Communications; 1984.
1 computer disk : sd. ; 5 1/4 in. + 1 manual. Title from title screen.

Language: N/A

Descriptors: Nutrition--Computer-assisted instruction; Computer games; computer software; nutrition education; consumer education; secondary education
Abstract: This set of educational games is designed to reinforce students' familiarity and understanding of a variety of nutrition terms. True/false, multiple choice, and definition and spelling type of questions are presented in games with such titles as "Invisi-Maze," "Starcatcher," "Para-Jump," and "It." "The content may be appropriate for high school audiences.

49 **NAL Call No: Videocassette no.546**
Nutrition to grow on Human Relations Media ; [produced by] Cochran Communications ; producers, Peter Cochran, Kathleen Mayo ; writer, Kathleen Mayo.
Roberson, Virgil
Human Relations Media, Inc, Cochran Communications
Pleasantville, NY : Human Relations Media; 1988.
1 videocassette (30 min.) : sd., col. ; 1/2 in. + 1 teacher's guide. VHS.

Language: English

Descriptors: Children--Nutrition; Teenagers--Nutrition; nutrition education; adolescent development; teaching materials; video recordings; videotapes
Abstract: This videorecording is designed to acquaint middle schoolers with the fundamentals of nutrition and to show that good nutrition, coupled with regular exercise, is the key to looking and feeling your best. The program combines live-action video, animated graphics , and animated cartoons to deliver the basics on nutrition in a format that is engaging and informative. Realistic "case studies" of four different characters demonstrate common nutritional problems and a professional nutritionist offers advice on how to deal with those problems. This program helps students see why nutrition is important, what their nutritional choices are, and encourages them to make wise and healthy choices.

50 **NAL Call No: TX341.J6**
Participant activities for focus-type groups.
Pelican, S.; Breuninger, T.A.; Pelican, D.M.
Baltimore, Md. : Williams & Wilkins; 1989 Jun.
Journal of nutrition education v. 21 (3): p. 142C. ill; 1989 Jun. Includes 5 references.

Language: English

Descriptors: nutrition education; nutrition programs; prenatal education; learning activities; infant nutrition; maternal nutrition; american indians

Abstract: Navajo Tribal Food and Nutrition Services developed a slide-tape resource to increase consumer awareness among Navajo individuals about the importance of early, regular prenatal care. The slide-tape resource was developed for both men and women and for teenagers and adults. This GEM No. 115 describes two activities used to help group participants feel comfortable about expressing their feelings and to encourage them to offer suggestions about the slide-tape resources.

51 **NAL Call No: TX364.P5 F&N E-4100**
Physical education multidisciplinary nutrition education program, grade 7.
Baltimore County (Md.), Public Schools.
Towson, Md. The Schools; 1981.
v, 129 p. : ill. ; 28 cm. NET funded. Bibliography: p. 129.

Language: English

Descriptors: Instructional materials; Intermediate grades; Nutrition education; Integrated curriculum; Physical education; Food beliefs; Nutrient requirements; Food-related disorders
Abstract: The result of combining the disciplines of home economics, physical education, science, social studies and foodservice, the coordinated educational program examines the function of food in the process of living and helps students understand nutrition as a key to health and well being. Seven topic lesons and activities may be integrated into the seventh grade curriculum. Each leson lists the objective, materials needed (worksheets, game cards, handouts and tests are included), teacher preparation, procedure and assessment methods. Topic areas are: food-related beliefs, energy needs, nutrient sources and functions, weight control, hazards of rapid weight loss, bod y fluids and fluid loss, and first aid for food-related illness. (js)

52 **NAL Call No: TX364.P76 F&N AV**
Project nutrition. Kellogg Co.
Battle Creek, MI. Kellogg Co; 1979.
4 rolls : col. ; 35 mm. & script. Includes Vitamins and minerals poster (43x56 cm.) and text.

Language: ENGLISH

Descriptors: Adolescents (12-19 years); Nutrition education; Nutrient intake; Instructional materials; Basic Four
Abstract: Adolscents are especially in need of a nutritious diet and knowledge of what makes up a nutritious diet. Class activities for discussing basic nutrition, nutrition health problems peculiar to adolescents, and what foods will provide what nutrients are presented. An individual's responsibility for his own nutritional health is emphasized.

53 **NAL Call No: Graphic no.149**
School lunch looks good on you.
National Dairy Council
Rosemont, IL? : [National] Dairy Council, [1987?]; 1987.

1 poster : col. ; 56 x 43 cm.

Language: English

Descriptors: Teenage boys--Nutrition; School children--Nutrition; Teenage girls--Nutrition; teaching materials; posters; nutrition education; school lunches; students; intermediate grades
Abstract: This poster, stating "School Lunch ... Looks Good on You" depicts three adolescents posing as students, enjoying 3 different balanced school meals.

54 **NAL Call No: TX364.S43 F&N AV**
Science and you, you and your food. Barr Films.
Pasadena, CA. Barr Films; 1976.
75 fr. : col. ; 35 mm. cassette. Sound accompaniment compatible for manual and automatic operation.

Language: ENGLISH

Descriptors: Nutrition education; Adolescents (12-19 years); Food selection; World f ood problem; Energy balance; Health education
Abstract: Teenagers at play use lots of energy, which is supplied by food. Instead of junk foods, selection should be made from the basic foods to provide the needed energy and nutrients. While some people have too much to eat, others do not have enough to eat. Science and technology are working on solutions to world hunger problems; individuals can help by eliminating food waste and bringing food and population in balance.

55 **NAL Call No: RC620.A1N8**
Strategies for measuring adolescent snacking patterns.
Musgrave, K.O.; Achterberg, C.L.; Thornbury, M.
Los Altos, Calif., Geron-X; Sept 1981.
Nutrition reports international v. 24 (3): p. 557-573. ill., charts; Sept 1981. 21 ref.

Language: English

Descriptors: Maine; School children (6-11 years); Adolescents (12-19 years); Consumption patterns; Meals per day; Snacks; Food preferences; Dietary study methods; Nutrition education; Diet improvement
Abstract: Extract: Food and snack consumption patterns of 142 students (10-16 years old) from rural Maine were assessed by obtaining complete 3-day food records. No significant snack and meal pattern differences among sex and age groups were noted. Meals were not omitted in favor of snacks. Most students ate 3 meals a day plus 1 or 2 snacks. Individual eating patterns were consistent but group eating patterns varied; younger students tended to snack more often than older students. Favorite snack foods were packaged cookies, candy, and baked sweets, followed by fruit, crackers, and milk. (author/cj)

56
Teaching nutrition: Basic difficult ideas.
Finch, Irene
London, Forbes Publications; July/Aug 1978.
Nutrition and food science (53): p. 14-16. ill; July/Aug 1978. 3 ref.

Language: ENGLISH

Descriptors: Nutrition education; Teaching methods; Instructional aids; Nutrition concepts; School children (6-11 years); Adolescents (12-19 years); Food advertising
Abstract: The presentation of hard-to-understand nutritional concepts is discussed. The number of difficult nutrition ideas taught should be carefully selected and limited. Visual methods can be helpful, but analogies often confuse young children. A balanced idea of advertising should be instilled. A chart showing a teaching sequence for building up a useful concept of vitamin C, sample questions and statements to aid in forming the concept of a nutrient, and a card game are included.

57 **NAL Call No: aHV696.F6F6**
Teaching the kids: From preschoolers to high schoolers.
Serrano, Tino
FNS
Washington, USDA, Food and Nutrition Service; Dec 1979.
Food & nutrition v. 9 (6): p. 16-17. ill; Dec 1979.

Language: ENGLISH

Descriptors: California; Workshops; Community support; Nutrition education; Education; Adolescents (12-19 years); High schools; Home economics; Children; Child nutrition programs; In-service teacher education; Nutrition Education and Training Program
Abstract: Nova High School, Redding, California, has integrated nutrition education into all departments, from science and math to English and personal care. The program was started in 1976 with state funds. A school home economist was hired; within her first 2 years, a weight-loss program for students and after-school nutrition workshops for teachers were implemented. The Nutrition Educa-

tion Training Program (NET) was created in 1978; Nova High School joined. The nutrition education program is showing solid results. Students are showing increased awareness of personal nutrition and enthusiasm for nutriti on lessons in core classes. Parent and teacher workshops are held regularly and local media and organizations are invited to participate. The Nova program will serve as one of California's model projects for the NET program.

58 NAL Call No: TX361.P7T4 F&N AV
Teen pregnancy produced by Kuona, Ltd.
Georgia State University, Dept. of Community Nutrition, Kuona, Ltd.
Atlanta, Ga. Kuona, Ltd. (1981?); 1981.
32 slides : col. + 1 sound cassette (2 min., 30 sec.). (Special nutrition needs). NET funded. Produced for Dept. of Community Nutrition, Georgia State University.

Language: English

Descriptors: Instructional media; Food service training; Nutrition education; Pregnant adolescents; Pregnancy and nutrition; Nutrient requirements; Meal planning; Meal patterns; Adaptation
Abstract: An audiovisual program emphasizes the pregnant teens's need for additional energy, B vitamins, calcium and vitamin D for her own and the baby's growth. Increased daily intakes of meat, milk, and nutritious snacks as well as an iron supplement are recommended. Encouragement and involvement in meal planning and preparation are vital for a teen who may have a poor self image. The fact sheet reinforces these points and makes suggestions of substitutions for often-refused foods and adaptations of the USDA meal pattern necessary for a pregnant adolescent. (js)

59 NAL Call No: TX364.T418 F&N B-3335
Tennessee educates for nutrition now, nutrition education instructional plan (grades 7-9).
Miller, Sandra W.& Nutrition education instructional plan, grades 7-9
Tennessee, Dept. of Education.
Nashville, Tenn. Tennessee Dept. of Education; 1982.
viii, 246 p. : ill. ; 30 cm. NET funded. Bibliography: p. 215-237.

Language: English

Descriptors: Instructional materials; Grade 8; Grade 9; Nutrition education
Abstract: The manual represents Level III of the sequential framework for nutrition education in Tennessee. An instructional plan based on the specific needs of Tennessee children incorporates cognizance of their developmental levels, nutritional needs and dietary practices. The plan is divided into section by 4 overall goals: 1) understanding the relationship of nutrition to health, 2) understanding the relationship between individual and environmental characteristics and food-related behavior, 3) understanding the physical and chemical properties of food, and 4) understanding the nature and means for resolution of food and nutrition related concerns. Series of topics ar e identified for each developmental level and sequenced to lead to the accomplishment of terminal objectives under each of the overall goals. Each lesson topic lists its own objectives, a priority rating, a summary of content, vocabulary, activities (some of which may involve other school personnel and/or parents), assessment strategies and resources needed. The resource guide lists annotated and evaluated books, films, and filmstrips. (js)

60 NAL Call No: TX364.S638 no. 1 F&N AV
There's no magic Georgia Educational Television Network.
Lyon, Greg
Southern Educational Communications Association, Nutrition Education Consortium, Agency for Instructional Television, Georgia Educational Television Network.
Columbia, S.C. Southern Educational Communications Association Nutrition Education Consortium; 1980.
1 videocassette (14 min., 39 sec.) : sd., col. ; 3/4 in. (Soup to nuts no. 1). Funded by SECA Nutrition Education Consortium and Agency for Instructional Television. CREDITS: Producer, director, Greg Lyon.

Language: English

Descriptors: Instructional media; Secondary grades; Nutrition education; Decision making; Nutrient requirements; Basic nutrition facts
Abstract: A 15-minute videotape featuring teenagers emphasizes the importance of and each person's responsibility for daily decision making. Steps in the decision making process are presented and applied to 2 situations: purchasing a bicycle and choosing a cafeteria lunch. The importance of nutrients, exercise and rest to bone, muscle and brain function and self concept are explained by a student instructor, with an emphasis on individual

control of decision making. A short discussion-stimulating skit concludes the film. A malnourished teenage girl is granted 3 wishes from a genie who challenges viewers t o tell her how to solve her nutritional problems. (js)

61 **NAL Call No: Videocassette no.187 F&N**
The Wally Botkin show.
Georgia Nutrition Education and Training Program
Atlanta, Ga. : Georgia Nutrition Education and Training Program, : [Distributed by] Georgia Educational Media Services; 1985.
4 videocassettes (U-matic) (112 min) : sd., col. ; 3/4 in. + 1 study guide. Tapes 2, 3 & 4 have 1983 copyright date. Georgia Public Television. Title on study guide: The Wally Botkin show : nutrition on parade!. Title on container: Nutrition on parade.

Language: English

Descriptors: georgia; Nutrition--Requirements--Study and teaching; Food habits; Exercise--Physiological aspects; audiovisual aids; secondary education; nutrition education; health education; macronutrients; nutrient sources; junk food; food fads; supplements; exercise; preventive nutrition
Abstract: Presented in a four-part tape series, this show journeys the viewer through the transformation of show host Wally from an unhealthy man to a strong advocate of good nutrition, exercise and other practices leading to disease prevention. Facts about such issues as sugar consumption/hyperactivity, fat consumption, benefits of high carbohydrate diets, vitamin supplements, salt/caffeine consumption, exercise programs and other health-related topics are discussed in talk show, cooking show, nutrition show auditions, dreams, and other formats to entertainingly convey important messages. The book accompanying the tapes includes a compilation of filters and reinforces and expands the nutrition/ health information presented in the shows. Activity sheets for self-evaluation of content application are included, along with a reference list and glossary.

62 **NAL Call No: RM222.2.W32 F&N AV**
Watch your weight.
Nitkin, Roslyn
New York Butterick; 1979.
77 fr. : col. ; 35 mm. & cassette (2-track, 12 min.). (Concepts in focus).

Language: ENGLISH

Descriptors: Weight control; Weight gain; Weight loss; Nutrition education; Food preparation; Social factors; Nutritional value; Food intake; Exercise (Physiology); Body type; Adolescents (12-19 years)

Abstract: The student program explains the need to maintain sensible weight control patterns throughout life. The filmstrip depicts the experiences of three weight-watching teenagers to explore the pains, problems, challenges, and successes of a long-term weight control program. Nutritional information and aids for weight gain of weight loss are given. The filmstrip, wallchart, and study sheets emphasize: 1) the relationship of body type to weight goals; 3) the effect of preparation on food value; and 4) the methods of dealing with social and family pressure in determining weight goals.

63 **NAL Call No: Videocassette no.35 F&N**
Your cancer care diet.
Polished Apple (Firm)
Malibu, Calif. : The Polished Apple; 1985.
1 videocassette (15 min.) : sd., col. ; 1/2 in. Title from label: Your cancer diet.

Language: English

Descriptors: Cancer--Diet therapy; Cancer--Nutritional aspects; Diet in disease; audiovisual aids; patient education; therapeutic diets; nutrition education; carcinoma; diet counseling; videotapes
Abstract: The importance of proper nutrition in cancer therapy is stressed in this videocassette program for adolescents and adults, emphasizing the importance of minimizing weight loss, increasing dietary protein by 50% and Kilocalories by 20%, and overcoming loss of appetite and other eating problems. The etiology of cancer is described, including cell differentiation, to provide the viewer with an increased understanding of the disease., and a basic review of nutrition is included. The four food groups and suggested menus are discussed to help the patient with food selection. (ls)

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